

Goal-Setting-Genie.com
Lifetime Goal Setting Template

STEP 2

Plan your life from 95 years old backward

Notice how you want your life to be in each area as you look back on it. What kind of experiences do you want? What do you want to have? Who do you want to be with?

H&F=Health & Fitness, **C&F**=Career & Finances, **R&F**=Relationships & Family, **SPD**=Spirituality/Personal Development

AGE	H&F	C&F	R&F	SPD
95				
90				
85				
80				
75				
70				
65				
60				
55				
50				

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AGE	H&F	C&F	R&F	SPD
45				
40				
35				
30				
25				
20				
15				