



**Goals and Commitments** With a **goal**, there is a specific point in time by which you either have or have not accomplished it. It is measurable and specific. Either you lost 10 pounds by July 31 or you have not. A **commitment** is different from a goal in that it is an *ongoing quality-of-life shift*. A commitment is not measurable. It may have to do with the state or quality of being you want to create in your life. “I am committed to making a difference in the world through my work,” “I am committed to having open communication with my children,” or “I am committed to a healthful lifestyle and a fit body” are all examples of commitments. Using the Wheel of Life as your guide, identify your goals (with specific due dates) and your commitments.

	<b>Goals</b>	<b>Commitments</b>
Career	1. _____ 2. _____	_____ _____
Money	1. _____ 2. _____	_____ _____
Health	1. _____ 2. _____	_____ _____
Friends and Family	1. _____ 2. _____	_____ _____
Significant Other/Romance	1. _____ 2. _____	_____ _____
Personal Growth	1. _____ 2. _____	_____ _____
Fun and Recreation	1. _____ 2. _____	_____ _____
Physical Environment	1. _____ 2. _____	_____ _____