



## DOVER CLUB ACCOMPLISHMENTS OF 2007 AND GOALS FOR 2008

❖ This format was submitted by Monte Pendleton and is part of the process to establish a Personal Purpose.

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- Examine each one of the seven areas of your life and think about how you feel both fulfilled and were deficient in each area and write it down in the spaces provided. Did you meet your goals? Spend a little time on each area so you can replay the last year in your mind.
  - Take a look at each area of your life and decide which areas you want to improve or enhance (goal setting)
  - Decide on one action that you could take to make a difference in each area and write it down in the spaces provided
  - When finished look to see if you are challenging yourself enough. **Be bold.**
  - Revise where necessary
  - Look at your action plan and be sure you have expressed an action that is clear, measurable and specific.
  - End with a phrase for the New Year

**Mentally**, in 2007, I \_\_\_\_\_

\_\_\_\_\_

In 2008, I \_\_\_\_\_

\_\_\_\_\_

**Physically**, in 2007, I \_\_\_\_\_

\_\_\_\_\_

In 2008, I \_\_\_\_\_

\_\_\_\_\_

**Socially**, in 2007, I \_\_\_\_\_

\_\_\_\_\_

In 2008,, \_\_\_\_\_

\_\_\_\_\_





**DOVER CLUB  
ACCOMPLISHMENTS OF 2007  
AND GOALS FOR 2008**

Goals & Accomplishments continued - Pg 2

**Financially**, in 2007, I \_\_\_\_\_

\_\_\_\_\_

In 2008, I \_\_\_\_\_

\_\_\_\_\_

**With my career**, in 2007, I \_\_\_\_\_

\_\_\_\_\_

In 2007, I \_\_\_\_\_

\_\_\_\_\_

**Spiritually**, in 2008, I \_\_\_\_\_

\_\_\_\_\_

In 2007, I \_\_\_\_\_

\_\_\_\_\_

**With my family**, in 2007, I \_\_\_\_\_

\_\_\_\_\_

In 2008, I \_\_\_\_\_

\_\_\_\_\_

**My phrase for 2008 is** \_\_\_\_\_

\_\_\_\_\_

