

# INSIDE THE HUDDLE

## JENNIFER A. GARRETT'S LIFE ASSESSMENT AND GOAL WORKSHEET

If you want to get more done, lead others better, develop skills faster, and dramatically increase your sense of joy, fulfillment, and confidence, it's important to get clarity and understand where you presently are in each of the following ten areas. Rate yourself on a score of 1-10 and then set goals for each of these areas. Remember, as you set your goals, make sure each one follows the SMART rules as provided here for you.

### THINK SMART GOALS:

- Specific (has sufficient detail)
- Measurable (you can measure it)
- Actionable (you can take action on it)
- Relevant (aligns and is congruent with you)
- Time-bound (has a specific deadline)

CATEGORY	SMART GOAL									
<b>HEALTH</b>	1	2	3	4	5	6	7	8	9	10
Do you sleep well, eat well, and exercise regularly?										
<b>MENTAL BEING</b>	1	2	3	4	5	6	7	8	9	10
Do you show up to each day with joy and positivity?										
<b>EXPERIENCES</b>	1	2	3	4	5	6	7	8	9	10
Are you focused on how you are living in the world?										
<b>RELATIONSHIP</b>	1	2	3	4	5	6	7	8	9	10
Do you have deep, vibrant levels of connection with people?										
<b>MISSION</b>	1	2	3	4	5	6	7	8	9	10
Are you living your highest, truest sense of yourself?										
<b>LOVE</b>	1	2	3	4	5	6	7	8	9	10
Do you feel acknowledged, cared for, & appreciated & by others?										
<b>FAMILY</b>	1	2	3	4	5	6	7	8	9	10
Are you spending quality time with your spouse, kids, & family?										
<b>FRIENDS</b>	1	2	3	4	5	6	7	8	9	10
Do the people you surround yourself with lift you up?										
<b>FINANCES</b>	1	2	3	4	5	6	7	8	9	10
Does your financial situation align with your desired lifestyle?										
<b>LEARNING</b>	1	2	3	4	5	6	7	8	9	10
Are you continually challenging yourself to learn in new areas?										

You should routinely assess your life in these ten areas and see how your scores compare to previous assessments. Ideally, you should be reviewing your scores on a weekly-to-monthly basis and tracking your progress on the goals you have identified. Adjust those goals as things change in your life.