

# Goal Setting for the Second Half of 2022

**Knowledge:**

**Skills:**

**Contacts:**

**Other:**



# Action Steps for Goal Attainment

**GOAL:**

**ACTION STEPS:**

- 1.
- 2.
- 3.
- 4.
- 5.

**NOTES:**

**GOAL:**

**ACTION STEPS:**

- 1.
- 2.
- 3.
- 4.
- 5.

**NOTES:**

**GOAL:**

**ACTION STEPS:**

- 1.
- 2.
- 3.
- 4.
- 5.

**NOTES:**



## Time Management Audit: How Do You Currently Spend Your 168 Hours?

- Work \_\_\_\_\_
  - Commuting \_\_\_\_\_
  - Doing household chores/cooking \_\_\_\_\_
  - Watching TV/surfing the Internet \_\_\_\_\_
  - Connecting with family/friends \_\_\_\_\_
  - Self-care habits \_\_\_\_\_
  - Worrying about things \_\_\_\_\_
  - Sleeping \_\_\_\_\_
  - Childcare/Eldercare \_\_\_\_\_
  - Other \_\_\_\_\_
- =168**

