

Life Goals:

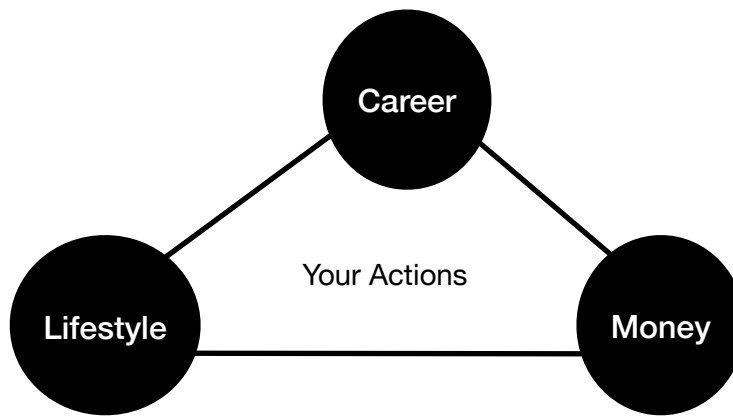
The one thing you want out of life (one word)\_\_\_\_\_

Life style Value system

1. How would you describe your perfect day?  
\_\_\_\_\_

2. What is the annual dollar amount that you would need to live that life?  
\_\_\_\_\_

3. Which career/s fits that lifestyle?  
\_\_\_\_\_



Avoid the behavior that does not enhance your lifestyle and end goal.

Define the five pliers of your life.

1. Faith.. What do you believe and why?  
\_\_\_\_\_

2. Fitness.. As your physical body interacts with the world, how will you maintain it?  
\_\_\_\_\_

3. Finances.. What do you think about money?  
\_\_\_\_\_

4. Family.. What do you want your family lifestyle to be?  
\_\_\_\_\_

5. Friendships.. What value to you bring to your friends and what value to they bring to you?  
\_\_\_\_\_

### About this document:

As personal progress in the Army, soldiers find it more difficult to make life choices that will benefit them and, ultimately, the Army. The US Army has done a fantastic job of providing Service Members with opportunities. However, with so many directions to achieve success, personnel travel five meters in each order, only to move 100 meters to find themselves where they started.

This worksheet is designed to start with the Service member's desired lifestyle and build around that goal. Knowing what lifestyle you want will reduce the amount of career, family, and life choices, automating the Service Member's decision-making process and creating a more self-managed, professional, and motivated soldier.

When a Service member completes this worksheet, they will become aware of their situation and conduct their activities within the boundaries of their lifestyle goals. Each action and plan will begin to align with their one-word value and benefit the life triangle.

### Instructions:

#### 1. One Word Value:

Choose one word that represents your guiding value or principle. This word should reflect what is most important to achieving your desired lifestyle.

#### 1. Desired Lifestyle:

Describe in detail the lifestyle you want to achieve. Consider your career, family, relationships, health, personal growth, and any other aspects that are important to you.

#### 3. Life Triangle:

Draw a triangle and label each corner with the following aspects:

- Career
- Lifestyle
- Money

#### 4. Action Plan:

Based on your desired lifestyle and guiding value, list specific actions you can take to align your choices and decisions with your goals. Consider activities related to your career, family, personal well-being, and other relevant areas.

#### 5. Review and Reflection:

Regularly review your progress and assess if your actions align with your desired lifestyle and guiding values. Reflect on any adjustments or changes you need to make to stay on track.

By completing this worksheet, you will be better able to prioritize and manage your choices and decisions in a way that supports your desired lifestyle and aligns with your values. Now begins your journey to becoming a self-managed, professional, and motivated soldier.