

Kennow Academy — Goal Sheet

Instructions: Write down your short-term (next 6 months) and mid-term (1–3 years) goals. Think about different areas of life: Money, Work/School, Health, Home/Auto, Law, Technology, Community. Be specific and realistic.

Short-Term Goals (Next 6 Months)

Goal	Steps to Achieve	Deadline	Progress

Mid-Term Goals (1–3 Years)

Goal	Steps to Achieve	Deadline	Progress

Self-Audit: Where am I strong / weak?

Domain	Strengths	Weaknesses
Money		
Work/School		
Health		
Home/Auto		
Law		
Technology		
Community		