

Your Ideal Life

In order to set your goals, you need to clarify what you want out of life. Use this page to write down what would make your life great, including things like work, home, relationships (family/friends/romantic), spirituality, etc. Don't worry about anything except getting your ideas down on paper.

Categories

Group your ideas so that they form categories. You should have at least 3, but don't go higher than 5. List your categories here, and include notes about what ideas go with each category. Possible categories include:

- Home
- Personal
- Work/school
- Finances
- Spirituality
- Friendships
- Family

Category:

Related ideas:

Your Goals

Time to write your goals! Remember to use the 4 A's.

- Accurate
- Assessable
- Attainable
- Applicable

Category:

Goals:

1.

2.

3.

Category:

Goals:

1.

2.

3.

Category:

Goals:

1.

2.

3.

Empowering ADHDers through community,
understanding, encouragement, practical advice,
and accurate information.

Category:

Goals:

1.

2.

3.

Category:

Goals:

1.

2.

3.

Category:

Goals:

1.

2.

3.