

### T13 Grid N.1

#### Analyses of goals

<b>DOMAINS</b>						
	<i>Work</i>	<i>Health</i>	<i>Personal development</i>	<i>Family and friends</i>	<i>Free time</i>	<i>.....</i>
GOAL 1						
GOAL 2						
GOAL 3						
<b>CONTENTS OF WORK GOALS</b>						
	<i>Maintenance</i>	<i>Change activities</i>	<i>Change context</i>	<i>Education</i>	<i>Training</i>	<i>....</i>
GOAL 1						
GOAL 2						
GOAL 3						
<b>PRIORITIES</b>						
GOAL 1						
GOAL 2						
GOAL 3						

PERSONAL COMMITMENT						
GOAL 1						
GOAL 2						
GOAL 3						
TIMING						
GOAL 1						
GOAL 2						
GOAL 3						
SUPPORTS						
	<i>Personal</i>	<i>Social</i>	<i>Environmental</i>	Institutional		
GOAL 1						
GOAL 2						
GOAL 3						
CHALLENGES AND BARRIERS						
	<i>Personal</i>	<i>Social</i>	<i>Environmental</i>	Institutional		