

## Goal Sorting Exercise

| Category                                       | What Are You Doing Well? | Where Do You Need Improvement? | Goals |
|--|--------------------------|--------------------------------|-------|
| Academics                                      |                          |                                |       |
| Professional (work/internship)                 |                          |                                |       |
| Mental/Emotional Well-being                    |                          |                                |       |
| Physical Health                                |                          |                                |       |
| Experiences/Hobbies (clubs, bucket list, etc.) |                          |                                |       |
| Relationships (family, friends)                |                          |                                |       |
| Spiritual                                      |                          |                                |       |
| Philanthropic (giving back, helping others)    |                          |                                |       |