Ten life areas, a priority worksheet and original lines

Date: 2026-10-25

Values describe what matters; a priority decides what receives attention in this period; a goal names an outcome. Ten areas below are a menu, not an ordered duty list. Select two, write why now, and name what receives less time. Respect actual responsibilities and the people whose agreement is involved. Review the choice on a real date.

Use these fields: chosen area, present situation, why it matters, one desired change, time/help available, what I postpone, first action and review date. For example, choose study and family this month, reserve a practice block and an agreed visit, and defer an optional project.

Original editorial lines, not attributed to famous people: “An important goal deserves a real choice in my week.” “A system is what I return to; a goal is what I check.” “Family time and work time need an agreement, not just an empty cell.” “One checked result is more useful than an impressive promise.” “I plan time so that an important action has a place to begin.”

Fill the blank fields with your own examples.

Area	Question before choosing	My version
Study	What do I need or want to understand?	
Work	Which useful result is my responsibility?	
Family	What have we actually agreed?	
Relationships	Which conversation or shared activity matters?	
Rest	What time will remain free of extra commitments?	
Everyday care	Which ordinary responsibilities need room?	
Money organisation	Which record or agreed budget task needs attention?	
Creativity	Which small piece would I like to make?	
Community	What contribution can I genuinely commit to?	
Curiosity	What would I like to explore without a performance quota?	

Sources

- CDC - SMART Framework
- NYU - SMART Goals and variants
- Manchester Metropolitan University - SMARTER goal setting

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