Exercise: Goal Setting

To transform your job crafting aspirations into reality, it's important to set clear priorities and specific goals. This final step bridges the gap between abstract ideas and concrete actions. In the worksheet below, write down your priorities, why they matter, and your next steps for each job crafting category.

Wellness/Health	PROFESSIONAL	PERSONAL
What three goals do you have this year?		
Why they're important to you?		
What specific steps do you need to take to make them happen?		