April 30, 2026

Step 4: Goal-Life Alignment Analysis Form, from https://apg.gmu.edu

Column Analysis: Are your current personal goals fulfilling your core personal goal categories?		**Row Analysis:** Are you pursuing current personal goals in all of your core personal goal categories?
Part 1: Look at your column scores from Step 3. The scores in each column reflect the degree to which a current personal goal with a relatively large time investment is fulfilling your core personal goal categories. If you do not have any "2" scores in this column, that is a potential "red flag" (i.e., indicator of a problem). List those current personal goals in the red shading below. **Red Flag Goals** – time-intensive current personal goals that do not "help a lot" in fulfilling any of my core personal goal categories:	**Part 2:** If you wrote in a "2" score at least twice in any column, then you are looking at a current personal goal that is one of your "best bets" for fulfillment of your core personal goal categories. That is because the most motivating and rewarding activities in life tend to be those that afford the attainment of *multiple* core personal goals. List your "best bet" current personal goals in the green shading below. **Best Bet Goals** – time-intensive current personal goals that "help a lot" in fulfilling at least 2 of my core personal goal categories:	**Part 3:** Now look at the scores you entered across each row in Step 3 to see if you are investing sufficient time pursuing current personal goals in **all** of your core personal goal categories. This can be accomplished by looking at the scores you entered in each row (keeping in mind that the "row" for each goal category may extend across 2 or more pages). If you do not have a score of "2" listed at least twice in each row, then list that core personal goal category in the yellow shading below. **Missed Opportunity** - core personal goal categories that I'm neglecting:

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