APG Personal Application Guide

Step 1: Personal Goal List

April 3, 2026

From https://apg.gmu.edu

Think of goals in these life domains...

✓ Family	✓ Work
✓ Friends	✓ Education
✓ Affiliations	✓ Financial
✓ Romance	✓ Daily Tasks
✓ Spiritual	✓ Recreation/Leisure
✓ Cultural	✓ Health/Well-Being
✓ Community	✓ How I see myself
✓ Humanity	✓ My life as a whole

... and of these types:

The Ford and Nichols *Taxonomy of Human Goals*	
Belongingness	Building or maintaining attachments, friendships, intimacy, or a sense of community; Avoiding social isolation or separateness
Social Responsibility	Keeping interpersonal commitments, meeting social role obligations, and conforming to social and moral rules; Avoiding social transgressions and unethical or illegal conduct
Equity	Promoting fairness, justice, or equality; Avoiding unfair actions
Resource Provision	Giving approval, support, assistance, advice, or validation to others; Avoiding selfish or uncaring behavior
Individuality	Being unique, special, or different; Avoiding similarity or conformity
Self-Determination	Being free to act or make choices; Avoiding social pressure, constraints, or coercion
Superiority	Comparing favorably to others in terms of winning, status, or success; Avoiding unfavorable comparisons with others
Resource Acquisition	Obtaining approval, support, assistance, advice, or validation from others; Avoiding social disapproval or rejection
Entertainment	Experiencing feelings of excitement or heightened arousal; Avoiding boredom or stressful inactivity
Tranquility	Feeling relaxed and at ease; Avoiding stressful overarousal
Happiness	Experiencing feelings of joy, satisfaction, or well-being; Avoiding feelings of emotional distress or dissatisfaction
Bodily Sensations	Experiencing feelings of pleasure associated with physical sensations, physical movement, or bodily contact; Avoiding unpleasant or uncomfortable bodily sensations
Physical Well-Being	Feeling healthy, energetic, or physically robust; Avoiding feelings of lethargy, weakness, or ill health
Exploration	Satisfying one's curiosity about personally meaningful events; Avoiding a sense of being uninformed or not knowing what's going on
Understanding	Gaining knowledge or making sense out of something; Avoiding misconceptions, erroneous beliefs, or confusion
Intellectual Creativity	Engaging in activities involving original thinking or novel or interesting ideas; Avoiding mindless or familiar ways of thinking
Positive Self-Evaluations	Maintaining a sense of self-confidence, pride, or self-worth; Avoiding a sense of failure, guilt, or incompetence
Mastery	Meeting a challenging standard of achievement or improvement; Avoiding incompetence, mediocrity, or decrements in performance
Task Creativity	Engaging in activities involving artistic expression or creativity; Avoiding tasks that do not provide opportunities for creative action
Management	Maintaining order, organization, or productivity in daily life tasks; Avoiding sloppiness, inefficiency, or disorganization
Material Gain	Increasing the amount of money or tangible goods one has; Avoiding the loss of money or material possessions
Safety	Being unharmed, physically secure, and free from risk; Avoiding threatening, depriving, or harmful circumstances
Unity	Experiencing a profound or spiritual sense of connectedness, harmony, or oneness with people, nature, or a greater power; Avoiding feelings of psychological disunity or disorganization
Transcendence	Experiencing optimal or extraordinary states of functioning; Avoiding feeling trapped within the boundaries of ordinary experience

These columns to be completed in later steps

My Current Personal Goals:

T	C	

Copyright© 2013-2026 Martin E. Ford, PhD. All rights reserved