



GOAL SETTING WORKSHEET

1. Write a general description of the goal:

2. Why is this goal meaningful to you?

3. What do you SEE and FEEL when you imagine yourself achieving this goal?

(Be specific and use as many adjectives as possible- color, location, type, style etc.)

Should there be a deadline? If so, when is it?

Can you boil it down into ONE image or number? _____

Exactly how much time do you actually have to complete this goal? Take into account vacation and breaks. Also, give yourself a cushion in case an unexpected event happens. _____ Days _____ Weeks _____ Months

4. Is this goal the right size for you? How do you know?

5. Where do you have reminders of this goal posted?

- _____
- _____
- _____

6. How will you measure your progress?

7. Who will help hold you accountable?

8. Now that you've done all this thinking, revisit questions #1 and #2. Can you state your goal more specifically and clearly? More importantly, after all this thinking, what does the accomplishment of this goal mean to you?

9. Write the specific steps you need to take to make this goal a reality:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

