

GOAL SETTING

Worksheet

BINDER



Achieve Your Goals Worksheet



1. What is my life like now, and what do I want to change?

2. What is my goal (be as detailed as possible)?

- What do I want to be?
- What do I want to do?

3. Why do I want to achieve this goal (how will my life be different)?

Achieve Your Goals Worksheet



4. What obstacles are in my way?

5. Design an action plan.

- What are the exact steps I need to take to achieve my goal?
- How long will each step take?
- When will I complete my goal?

Achieve Your Goals Worksheet



Design an action plan continued...

What's My Next Step?

Below you will find a yearly calendar. You have already determined how long your goal will take to accomplish, so now it's time to break down your goal into steps.

Go through the calendar and plan out what you must do each month to reach your goal.

January



Complete

Actionable Step to Reach My Goal

Notes:

February



Complete

Actionable Step to Reach My Goal

Notes:

March



Complete

Actionable Step to Reach My Goal

Notes:

April



Complete

Actionable Step to Reach My Goal



Empty light green rectangular box for the first row's actionable step.



Empty light green rectangular box for the second row's actionable step.



Empty light green rectangular box for the third row's actionable step.



Empty light green rectangular box for the fourth row's actionable step.



Empty light green rectangular box for the fifth row's actionable step.

Notes:

Large empty rectangular box with a green border for taking notes.

May



Complete

Actionable Step to Reach My Goal



Light green rectangular area for writing the first actionable step.



Light green rectangular area for writing the second actionable step.



Light green rectangular area for writing the third actionable step.



Light green rectangular area for writing the fourth actionable step.



Light green rectangular area for writing the fifth actionable step.

Notes:

Large white rectangular area with a green border for taking notes.

June



Complete

Actionable Step to Reach My Goal

Notes:

July



Complete

Actionable Step to Reach My Goal



Light green rectangular area for writing the first actionable step.



Light green rectangular area for writing the second actionable step.



Light green rectangular area for writing the third actionable step.



Light green rectangular area for writing the fourth actionable step.



Light green rectangular area for writing the fifth actionable step.

Notes:

Large white rectangular area with a green border for taking notes.

August



Complete

Actionable Step to Reach My Goal

Notes:

September



Complete

Actionable Step to Reach My Goal

Notes:

October



Complete

Actionable Step to Reach My Goal

Notes:

November



Complete

Actionable Step to Reach My Goal

Notes:

December



Complete

Actionable Step to Reach My Goal

Notes:

November



Complete

Actionable Step to Reach My Goal

Notes: