

# GOAL SETTING WORKSHEET

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**1. WHAT WOULD YOU LIKE TO ACCOMPLISH?**

Use this space to define your goals.  
What will the year bring?

**2. WHY DO YOU WANT TO ACCOMPLISH THIS GOAL?**

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**3. IS THIS GOAL PERSONAL OR PROFESSIONAL?****4. HOW WILL ACHIEVING THIS GOAL AFFECT YOUR LIFE?**

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**5. WHEN DO YOU WANT TO ACHIEVE YOUR GOAL?**

Set reasonable timelines for when you can accomplish your goal. Is it a year? Six months?  
Where do you want to be on your way to this goal in a week? A month? Two months? A year?

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**6. WHO CAN HELP SUPPORT ME?**

Asking for help can help you succeed. Use this space  
to define who can help you achieve your goals.

**7. WHAT ACTIONABLE STEPS DO I NEED TO TAKE TO  
ACHIEVE MY GOAL?**

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**8. GOAL CHECK-IN**

Are you making progress? Keep this sheet handy and make regular check-ins to see how far you've come!