

GOAL SETTING WORKSHEET

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?

3. IS THIS GOAL PERSONAL OR PROFESSIONAL?

4. HOW WILL ACHIEVING THIS GOAL AFFECT YOUR LIFE?

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?

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?

8. GOAL CHECK-IN

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