

Goal *Setting*

If there were no obstacles, I would love to...

01

02

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Life Goals

Plan out your 3 main goals and break these down into the action steps you need to take that will move you closer to each goal.

GOALS

ACTION STEPS

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Goal *Setting*

What is the main thing you want to achieve at this moment?

What are three actions you could take to move closer to this goal?

1.	2.	3.
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What do you see as the real challenge right now? What has kept you from achieving this in the past?

How will you overcome these challenges? What can you do differently this time?

Taking *Action*

An Action Brainstorm can help you identify all the things that will help you to achieve your goals.

MY GOAL	
STOP DOING:	
DO LESS OF:	
KEEP DOING:	
DO MORE OF:	
START DOING:	

Understanding Your Goals

Consider your goal and answer the questions below. Keep writing even if you are repeating yourself. The purpose of this exercise is to help you focus on your goal and get clear on WHY it is important to you.

GOAL:

What will this give you?

And what will that give you?

And what will that give you?

And what will that give you?

So, why is this goal important?

Three Month Goal *Setting*

MY 3 MONTH GOAL

MONTH 1 MILESTONE

MONTH 2 MILESTONE

MONTH 3 MILESTONE

S M A R T

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ACTION STEPS

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INCENTIVES

Smart Goals

When setting a goal, make sure it is SMART. You can use this worksheet to make sure each of your goals are clear and specific.

SPECIFIC

What is the goal? What do I want to accomplish?

MEASURABLE

How will I know that I've accomplished the goal?

ACHIEVABLE

Is this goal achievable? What will I need to do to achieve it?

RELEVANT

How is this goal relevant to my life?

TIME-BOUND

What is my deadline to accomplish the goal?