

# GOAL SETTING

*worksheet*



What specific action steps need to be taken to achieve this goal?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



Assign completion dates for these goals, as well as for each step:



## brainstorm

What goals do you want to achieve?  
List big and small goals:



How must I be feeling to achieve these goals naturally and easily?

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What must I be doing daily to feel this way?

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What must I be thinking daily to achieve these goals?

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## Payoff

What specific benefits will be attained from achieving these goals? Why is this important to you?

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How will achieving this goal make you feel?

## ***ACTION ITEMS***