

GOAL SETTING

worksheets

goal breakdown

goal: _____

hopeful date: _____ actual date: _____

action: _____

what could get in the way? _____

why is my goal important? _____

long term goals

long term goal: _____

3 mini goals

_____	_____	_____
↓	actionable ↓	tasks ↓
_____	_____	_____

reward: _____

why are you selecting this goal? _____

goals

professional goals: _____

people I want to see: _____

places I want to visit: _____

how can I help other people: _____

FREE