# Template - 01

# Goal Setting Sheet

**MS Excel and Google Sheets** — Just for Non Excel Savvy ;)

- Set 5 Goals Per Tab With 10 Milestones Each

**Lifetime Updates at no cost**

## Goal Dashboard

| Total Goals | Completed | Overall Score | Level |
|---|---|---|---|
| 5 | 0 | 61% | 🏅 Gold Medal |

### --- Your Goals Milestones ---

| Goals & Milestones | Achievement | Progress | Goal Type |
|---|---|---|---|
| Goal - 01 | 4/5 | 80% | Run a marathon |
| Goal - 02 | 3/5 | 60% | Expressing creativity and emotion |
| Goal - 03 | 3/5 | 60% | Start a small business |
| Goal - 04 | 2/3 | 67% | Travel to a new country |
| Goal - 05 | 2/5 | 40% | Learn to play a musical instrument |

### My favourite quotes to help me achieve my goals

"Success is not final, failure is not fatal: It is the courage to continue that counts." - Winston Churchill

"The only way to do great work is to love what you do." - Steve Jobs

"Your time is limited, don't waste it living someone else's life." - Steve Jobs

"Believe you can, and you're halfway there." - Theodore Roosevelt

"The future depends on what you do today." - Mahatma Gandhi

## Goal - 01

### Specify Your Goals

Run a marathon

**Inspiration**
What spurs you on to achieve your goal?

* Watching a marathon on TV
* Reading inspiring stories of marathon runners
* Participating in local running events
* Improving overall fitness and health
* Challenging personal limits

**80%**

**Success Metrics**
How would it feel to accomplish your goal?

* Completing a full marathon under 4 hours
* Running a half marathon without stopping
* Increasing running speed and endurance
* Achieving a personal best time in a 5K race
* Crossing the marathon finish line with pride

### Milestones

| Date | How am I going to achieve my goal? | Complete |
|---|---|---|
| 1 Jan 2025 | Start a training program | Completed |
| 5 Jan 2025 | Complete a 10K race | Completed |
| 10 Jan 2025 | Run a 20-mile long run | Completed |
| 1 Apr 2025 | Complete a 16-week training plan | Completed |
| 5 Apr 2025 | Participate in a shorter race as a practice and preparation | In Progress |

- Includes a Section for Your Favorite Personality Quotes

- Simple, Automated Dashboard With Rewards and Data Bars

- Each Goal Has Its Own Progress Wheel

★★★★★

**100% Satisfaction Guarantee**