

Goal Setting Worksheet

➤ Please list three goals that you want to achieve within the next year:

1. _____
2. _____
3. _____

➤ What *additional knowledge* would help you to achieve this goal?

1. _____
2. _____
3. _____

➤ Do you *believe* that you are able to achieve this goal?

1. _____
2. _____
3. _____

➤ What other empowering beliefs do you have *about achieving this goal* that will encourage you?

1. _____
2. _____
3. _____

➤ Why is achieving this goal **REALLY** important to you? For example, if you **DON'T** do it – *what might happen?* If you **DO** achieve it, *what might happen?*

1. _____
2. _____
3. _____

➤ What is the **FIRST** *action* that you need to take to achieve this goal?

1. _____
2. _____
3. _____

➤ What is the best way to *measure your progress* of achieving this goal?

1. _____
2. _____
3. _____