

GOAL SETTING WORKSHEET

Actualize your goals by writing them down on this worksheet. Writing them down will help you focus, refine a plan of action, and define your process.

WRITE DOWN YOUR GOAL CONVERSATIONALLY: Be imaginative, detailed, and personalize it by starting with “I.”

ADD SPECIFICS AND MEASUREMENTS: Stating specifics will help you monitor your progress.

BE IN THE AFFIRMATIVE: Emphasize on what you DO want, rather than what you’d like to avoid or eliminate.

What problems does realizing this goal solve?

How will it feel?

Being consistent with goal setting will give you a higher chance of successfully achieving what you envision for yourself. Be open to redrafting and expanding your goals as you move through the program. Have inspiration and take action!