

## Goal Setting Worksheet

Step 1: State your goal. It must be specific, challenging, attainable.

Step 2: List all the reasons you want to achieve this goal. What will be the benefits?

Step 3: List all the obstacles you know of between you and the goal. Why have you not yet achieved it?

Step 4: What is the primary constraint, the one barrier, which if removed, would bring you dramatically closer to your goal?

Step 5: List all the sacrifices you will need to make to achieve this goal.

Step 6: What information or skill do you need to achieve this goal?

Step 7: Who can help you reach this goal?

Step 8: What are all the steps, in order, that you will need to take to reach this goal?

Step 9: What are the three primary steps to take to reach the goal?

Step 10: Which habits will you need to establish to reach this goal?

Daily...

Weekly...

Monthly...

Annually...

Step 11: How committed are you to reaching this goal no matter what?

Not At All   Sort Of   Moderately   Significantly   Definitely

Step 12: What's one simple thing you can do right now, today, to move toward the goal?

**Do It Now!**