

GOAL SETTING

NAME

DATE

WHAT DO YOU WANT IN LIFE BUT NOT HAVE?

These are things that make you happy on a deeper level, not just give you pleasure or make you feel better in the short-term

- 1) _____
- 2) _____
- 3) _____

WHAT DO YOU HAVE IN LIFE BUT NOT WANT?

These are things that cloud your mind, take up time, aren't supporting you, or add stress without a sense of reward

- 1) _____
- 2) _____
- 3) _____

WHAT IS MOST IMPORTANT IN YOUR LIFE? MY TOP 3 PRIORITIES ARE

- 1) _____
- 2) _____
- 3) _____

WHERE DO YOU WANT TO BE IN 10 YEARS?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____

.....
What are your top 3 goals to make this year a success?
.....

Goal 1) _____ (

...so I can) _____ (

Goal 2) _____ (

...so I can) _____ (

Goal 3) _____ (

...so I can) _____ (

.....
What ONE thing will I do for EACH goal in the next month?
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The first step in any journey is the hardest. Write out just ONE action that you will complete toward EACH goal in the NEXT MONTH. This is the FIRST STEP. Break the action down into a smaller step or action until you can commit 100%. If you want to do more than one action, great, but there must be a minimum of ONE.

Goal 1 Action) _____ (by) _____ (

Goal 2 Action) _____ (by) _____ (

Goal 3 Action) _____ (by) _____ (

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Overcoming Obstacles
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Life is always going to throw obstacles your way. Be proactive - list out the obstacles that could get in your way of achieving your goals and come up with a plan to stay on target.

Obstacle	Plan to Overcome Obstacle
1.) _____ (1.) _____ (
2.) _____ (2.) _____ (
3.) _____ (3.) _____ (