



Goal Clarity Worksheet

A simple guide to help you focus, get unstuck, and move forward with intention.

My Focus for January:

1. What do you want to work toward? (*Write down your goal.*)

2. Why does this matter to you? (*Capture the “why” to increase motivation and momentum.*)

3. What is getting in the way? (*Identify barriers with compassion - no judgement.*)

4. What's one small step you will take this week? (*Keep it simple and doable.*)

5. What strengths will you leverage? (*Tie it back to your natural talents and strengths.*)

6. What will success look or feel like? *(Clearly define your desired outcome.)*

7. Who or what can support you? *(Identify your resources, people, and tools.)*

Additional Notes