

# GOAL SETTING WORKSHOP

## THE BIG PICTURE

IN 10 YEARS I WILL ....

IN 5 YEARS I WILL ....

IN 1 YEARS I WILL ....

IN 12 WEEKS I WILL ....

## FOUR WEEK MILESTONES

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

## THIS WEEK'S MILESTONES

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY/ SUNDAY:

WHAT CAN I DO RIGHT NOW TO WORK TOWARDS MY GOALS?