

# Goal Worksheet

Choose only 1 goal at a time. Don't overwhelm yourself!

**My current situation:**

**My Vision:**

## Questions to ask yourself:

1 **Imagine someone who has accomplished this goal. What habits do they have?**

2 **What distractions would this person avoid?**

3 **What affirmations might you need to help you accomplish your goal?**

**What is your most important 1 year goal?**



# Goal Worksheet (cont.)

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## Your 3 Month Goals:

These are small goals that help you reach your 1 year goal

Months:

### Goal 1:

<u>Why you want it:</u>	<u>Reward if achieved</u>
<u>Action Steps:</u>	
1 _____	
2 _____	
3 _____	

### Goal 2:

<u>Why you want it:</u>	<u>Reward if achieved</u>
<u>Action Steps:</u>	
1 _____	
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