



Goal Setting Worksheet

Introduction to Goal Setting Setting goals helps you focus your efforts, track progress, and stay motivated. Goals provide direction and give you a clear path to achieve your aspirations.

Step 1: Reflect on Your Values and Purpose

1. What are your core values? (e.g., family, health, creativity, learning, etc.)

- _____
- _____

2. How do these values influence the goals you want to set?

- _____
- _____

Step 2: Identify Your Goal

1. What is one specific goal you want to achieve?

- _____

2. Why is this goal important to you?

- _____

3. When do you want to achieve this goal? (Set a realistic deadline)

- _____

Step 3: Break It Down Big goals can feel overwhelming. Breaking them into smaller, manageable steps makes them more achievable.

1. List 3-5 smaller steps that will help you achieve your goal:

- Step 1: _____
- Step 2: _____



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- Step 3: _____
- Step 4: _____
- Step 5: _____

2. Set deadlines for each step:

- Step 1 Deadline: _____
- Step 2 Deadline: _____
- Step 3 Deadline: _____
- Step 4 Deadline: _____
- Step 5 Deadline: _____

Step 4: Anticipate Challenges

1. What obstacles might you encounter while working toward your goal?

- _____
- _____

2. How can you overcome these challenges?

- _____
- _____

Step 5: Track Your Progress

1. How will you measure your progress? (e.g., milestones, check-ins, tracking tools)

- _____

2. Who can help keep you accountable? (e.g., a mentor, friend, or coach)

- _____

Step 6: Celebrate Your Success

1. How will you reward yourself for achieving your goal or milestones along the way?



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○ _____

Step 7: Reflect and Adjust

1. What have you learned from working toward this goal?

○ _____

2. How can you apply these lessons to future goals?

○ _____

SMART Goal Framework Use the SMART framework to refine your goal:

- **Specific:** What exactly do you want to achieve?

○ _____

- **Measurable:** How will you know when you've achieved it?

○ _____

- **Achievable:** Is your goal realistic and within reach?

○ _____

- **Relevant:** Does this goal align with your values and purpose?

○ _____

- **Time-Bound:** What is your deadline?

○ _____

Closing Reflection After completing this worksheet, take a moment to reflect:

1. How does this goal align with your larger life vision?

○ _____

2. How will achieving this goal impact your life and others around you?

○ _____

Remember: Setting goals is the first step toward turning dreams into reality. Stay focused, stay consistent, and celebrate your progress along the way!