



Goal Setting Worksheet

Use this worksheet to create a purposeful goal that is driven by a mindset of growth and continuous improvement.

State your specific, aspirational goal: _____

Define the measurable result and the timeline for completion: _____

Commitment

- Why is this goal meaningful to you, and how does it connect to your personal and professional purpose? _____
- What daily actions will you commit to in order to make consistent progress? _____
- Who can you partner with to hold you accountable for your progress? _____

Ownership

- What is the first step you will take to own this goal? _____
- How will you define and measure small milestones along the way to build momentum? _____
- What are the internal and external distractions that might prevent you from succeeding? _____

Resilience

- What will be your plan to overcome the barriers you anticipate? _____
- How will you recharge and recover when you face setbacks or challenges? _____
- What will be your mindset when things get tough? _____

Exploration

- What new skills, knowledge, or resources will you need to explore to achieve this goal? _____
- How will you stay curious and open to new ideas that may change your approach? _____
- How will you celebrate your accomplishments, and what will you learn from them to apply to your next goal? _____

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