


30-90-180 Goal Setting Guide & Worksheet

GUIDE → Step 1: Define Your Big-Picture Vision

What's your ultimate goal in the next 6 months?

(Write a short, clear statement of where you want to be.)

 Example: "In 180 days, I will have a thriving Etsy store with 50 products, a solid brand identity, and a growing customer base."

◆ Why is this important to you?

(Describe why achieving this goal matters and how it will improve your life.)

Step 2: Set Your 180-Day Goal (6-Month Milestone)

What is ONE major goal you want to accomplish in 180 days?

(Be specific and make it measurable!)

✓ Example: "Launch my Etsy shop with 50 high-quality listings and a solid marketing strategy."

Step 3: Break It Down into 90-Day Goals

What TWO major milestones will help you reach your 180-day goal?

◆ First 90 Days: *(List what you will accomplish in the first 3 months.)*

✓ Example: "Research audience, create 25 product listings, set up shop."

◆ Second 90 Days: *(List what you will accomplish in the second 3 months.)*

✓ Example: "Create 25 more listings, optimize SEO, launch social media strategy."

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Step 4: Create Your First 30-Day Action Plan

✓ What are 4 small, actionable steps you can take in the next 30 days?

📌 Week 1: _____

📌 Week 2: _____

📌 Week 3: _____

📌 Week 4: _____

💡 *Tip: Focus on small, achievable tasks that build momentum!*

Step 5: Track Progress & Celebrate Wins

📝 How will you measure success?

(Write down how you'll track your progress—journal, planner, app, accountability partner?)

📊 Progress Tracker (Check off as you go!)

☐ Completed first 30-day plan

☐ Reached first 90-day milestone

☐ Achieved 180-day goal

🎉 How will you reward yourself when you reach your goal?

(Write down a reward that will keep you motivated!)

🚀 Get Started! 📌 Set your **first 30-day action step TODAY!**

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	WORKSHEET→ SECTION	KEY QUESTIONS / ACTION	GOALS & ACTION PLANS
1	Define Your Vision	What's your ultimate goal in the next 6 months? Why is this important to you?	
2	Set Your 180-Day Goal	What is ONE major goal you want to accomplish in 180 days? Make it SMART.	
3	Break It Down into 90-Day Goals	List two major milestones to reach your 180-day goal (one per 90 days).	
4	Create Your First 30-Day Action Plan	List four small, actionable steps to take in the next 30 days (one per week).	
5	Track Progress & celebrate Wins	How will you track progress? How will you reward yourself when you reach your goal?	

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