


## GOAL WORKSHEET


1. CHOOSE GOALS...*look at life areas that could be improved.*  
 PURPOSE | CAREER | RELATIONSHIPS | RECREATION | FINANCIAL | PHYSICAL | SPIRITUAL

2. WHAT DO YOU WANT TO INCREASE?  
*I want more:* \_\_\_\_\_  *To increase it I will:* \_\_\_\_\_

3. SAY IT SMART  
 SPECIFIC  
 MEASURABLE  
 ACHIEVABLE  
 REALISTIC  
 TIME-BOUND


4. BREAK IT DOWN...*steps to take.*  
 TODAY'S DATE: \_\_\_\_\_

YEAR	MONTH	WEEK	DAY
			
• • • • •	• • • • •	• • • • •	• • • • •

1.            2.            3.   
 TARGET DATE: \_\_\_\_\_

5. KNOW YOUR WHY...*because:*

*I believe in this:*  
*I want to solve this problem:*  
*Success will make this possible:*

6. PICTURE IT! *Keep it visual & visible, & track it.* 

7. COMMIT TO IT. *"I will do what it takes to achieve this goal."* \_\_\_\_\_  
*signature*

8. GET GOALING!

*Review progress with free printable review planners at  
[www.dailyplanit.com](http://www.dailyplanit.com).*

*Learn more with the eBook "Get Goaling: the simple guide to set and  
 achieve your goals."*

