

GOAL PLANNING SHEET

Area

Today's Date

Target Date

Date Achieved

Goal (*Specific, Measurable, Action Oriented, Realistic, Time Specific*)

Benefits from Achieving This Goal (*Benefits motivate you!*)

Action Steps (List the specific actions you will take to achieve this goal.)

Specific Action	Target Date	Date Complete
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		

If you experience difficulty in knowing what action to take to reach your goal, turn to the back of this sheet and work out solutions for the obstacles you face.

Benefits from Achieving This Goal (*Benefits motivate you!*)

Does this goal support my values for this area of life? _____
Is it worth the time, effort and money required to reach it?
_____ Yes _____ No _____ Yes, but later

Method of Keeping Score

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Visualization (Visualizing yourself in possession of your goal reinforces your belief and keeps you excited.)

Visualization: Items to Use

If you have difficulty identifying needed action steps, use this worksheet to identify the obstacles you face and plan solutions for overcoming them.

Obstacles (What stands between you and your goals?)
