

Goal Setter

List all of your goals that come to mind, no matter how big or small

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Now, it's time to refine your focus. From your list, choose the goal you're most eager to achieve first. This worksheet will help you clarify why this goal matters, how to measure success, and what steps and resources you'll need. Define a clear path forward and set a realistic timeline to achieve it.

1. Out of all of your goals, which would you like to achieve first?

2. How will you know once you have reached this goal?

3. Is achieving this goal realistic with effort and commitment?

4. Have you currently got the resources in place to achieve this goal?

5. Why is this goal significant to you?

6. When will you achieve this goal?