

GOAL SETTING

DATE:

List your greatest achievements from last year or last quarter.

- _____
- _____
- _____
- _____
- _____

What worked well for you last quarter?

- _____
- _____
- _____
- _____
- _____

What did not work well for you?

- _____
- _____
- _____
- _____
- _____

What would you like to continue doing and/or improve upon?

- _____
- _____
- _____
- _____
- _____

GOAL SETTING

What would you like to stop doing or completely revise?

- _____
- _____
- _____
- _____
- _____

What aspects of your life are you most satisfied with? Which aspects are your least satisfied with?

- _____
- _____
- _____
- _____
- _____

What motivates you?

- _____
- _____
- _____
- _____
- _____

How will you reward yourself for reaching your goals?

- _____
- _____
- _____
- _____

Keep in mind the following areas as you set your goals: health, friendships, personal growth, finance, spirituality, career, recreation, relationships.

SET YOUR GOALS

Goal #1:

WHAT WILL THIS GIVE YOU?

WHAT ACTIONS MUST YOU TAKE TO REACH THIS GOAL? WRITE WHETHER THESE ACTION ARE DAILY, WEEKLY, MONTHLY, OR A ONE TIME ACTION.

Goal #2:

WHAT WILL THIS GIVE YOU?

WHAT ACTIONS MUST YOU TAKE TO REACH THIS GOAL? WRITE WHETHER THESE ACTION ARE DAILY, WEEKLY, MONTHLY, OR A ONE TIME ACTION.

SET YOUR GOALS

Goal #3:

WHAT WILL THIS GIVE YOU?

WHAT ACTIONS MUST YOU TAKE TO REACH THIS GOAL? WRITE WHETHER THESE ACTION ARE DAILY, WEEKLY, MONTHLY, OR A ONE TIME ACTION.

Goal #4:

WHAT WILL THIS GIVE YOU?

WHAT ACTIONS MUST YOU TAKE TO REACH THIS GOAL? WRITE WHETHER THESE ACTION ARE DAILY, WEEKLY, MONTHLY, OR A ONE TIME ACTION.