

Goal Setting WORKSHEET

Whilst setting goals is one thing, you may have come to realise by now that achieving them is entirely another!

No matter how clear your intentions may be, you need a good strategy to help get you there, not to mention clear steps to help you track your progress.

Note down below the item/s you want to achieve over the next months. Don't overload yourself.....the less you have to do, the more focus you can put on it!

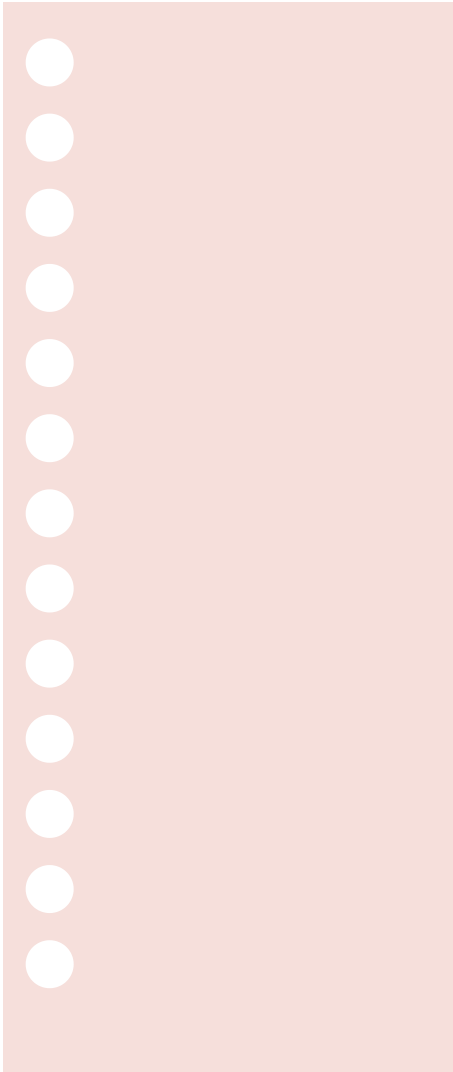
My goal for next 1 month is...

My goal for the next 3 months is...

My goal for the next 6 months is...

Steps TO SUCCESS

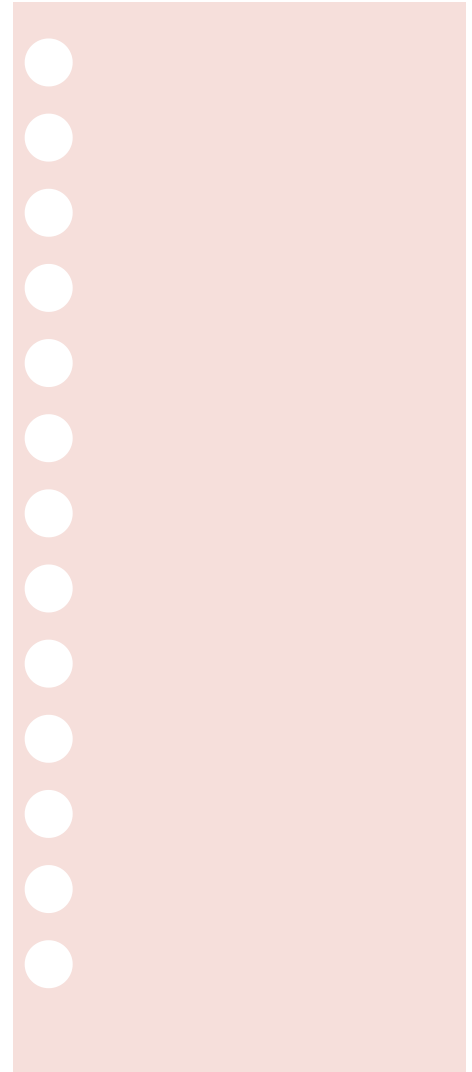
1 Month



3 Months



6 Months



Step It Out....

Using the tables above, note down your goal at the very last checkbox in each column.

Working backwards, step out every action needed to complete this goal; Ensure you work to a timeline (i.e.: by week 4 of the month, I need to have achieved X, by week 2 of the month, I need to have achieved Y).

REMEMBER: Always check back in and evaluate your progress!