



## Goal Setting Worksheet

### Step One: Define Your Goal

---

---

---

---

---

*Gut check #1—Is my goal challenging but doable? Gut check #2 – Is my goal exciting enough to keep me focused every day?*

### Step Two: Define the Rewards for Achieving Your Goal

---

---

---

---

---

*What happens when you have achieved your goal? List all the exciting ways your life will change.*

### Step Three: Write Your Goal Statement

My goal is \_\_\_\_\_

---

---

---

---

---

*Write your goal as a positive statement with a date. You can use three months, six months or one year from today. (Example: It is June 25, 2017 and I am so happy and grateful that I weigh 140 lbs)*

### Step Three: Break the Goal Down

What needs to be done MONTHLY to achieve my goal? \_\_\_\_\_

---

---

---

---

What needs to be done WEEKLY to achieve my MONTHLY goals? \_\_\_\_\_

---

---

---

---

What needs to be done DAILY to achieve my WEEKLY goals? \_\_\_\_\_

---

---

---

---

### Step Four: Work the Plan

My schedule for working toward my goal is \_\_\_\_\_

---

---

---

---

## Step Five: Keep Your Goal In Front of Your Mind

I will post my goal where I can see it \_\_\_\_\_  
\_\_\_\_\_

I will say my goal statement out loud when \_\_\_\_\_  
\_\_\_\_\_

I will document my progress in the Accountability Group when \_\_\_\_\_  
\_\_\_\_\_

## Step Six:

### Eliminate Subconscious Conflicts That Impede Your Progress Toward Your Goal

My positive affirmations are \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My visualizations are \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Affirmation statements are positive and in the present tense. (Example: I am Healthy, Happy and Fit)*

My first positive action in the direction of my goal is \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_