Goal Planning Worksheet

Today’s Date: _____________________

My “bull’s eye” goal (my heart’s desire) is:
__________________________________________________________________________

My “outer rim” goal (my “no matter what”) is:
__________________________________________________________________________

Target date: ___   Progress check dates: ___   ___   ___   ___   Date achieved: ___

Benefits I expect from achieving this goal: __________________________________________
________________________________________________________________________________

Plan to hit the “bull’s eye” so that you hit no less that the “outer rim.”

Strategies to reach the goal (game plan):

Strategy #1: ______________________

Action steps to accomplish strategy:

1. ________________________________________________________________
2. ________________________________________________________________
3. ________________________________________________________________

Strategy #2: ______________________

Action steps to accomplish strategy:

4. ________________________________________________________________
5. ________________________________________________________________
6. ________________________________________________________________

Affirmation (positive statement to raise my confidence):

___________________________________________________________________________

Who knows about my goal?

___________________________________________________________________________

What help/support/tools do I need to reach this goal?

___________________________________________________________________________

Obstacles between me and my goal:                      Solutions to overcome the obstacles:

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

How will I reward myself when I achieve my goal:

___________________________________________________________________________