

Name: _____

Date: _____

Specific Goals (Limit to 1-3):

Name your why

Why are these goals important? Why is it a must that I do this? What is the consequence of not achieving these goals?

Things to think through:

- What do I need to do to reach my goal?

- What are the obstacles to reaching my goals?

- Why haven't I been successful with this before? How can I change things this time?

- Do I have the time necessary to achieve my goal? Will I make the time? (be honest – if you don't, why waste your time?)

- How much time will I commit to achieving my goal? When exactly will I fit this into my day and week?

- What additional support or resources do I need to make progress and achieve my goal? What help do I need to be successful?

Specific action steps I will do to reach my goal:

Add 1-3 for each goal.

Goal 1 Action Steps

Goal 2 Action Steps

Goal 3 Action Steps