

## Goals Worksheet

1. What is one goal you want to set? This is not just a step. Use SMART – specific, measurable, attainable / agreed upon, realistic / relevant, time-framed.

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2. Does it fit in with your mission / values? Is it a should? Does it conflict with other goals?

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3. Does this goal make you feel happy and empowered, or burdened? Consider revising your goal. How will you increase your motivation? \_\_\_\_\_

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4. What strategy has worked / not worked for you in the past? \_\_\_\_\_

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5. What resources do you have available? (Articles, books, groups, professionals, friends)

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6. What are the steps towards achieving this goal? You could use SMART for the steps too.

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7. How will your life be different if you work towards this goal? \_\_\_\_\_

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8. What is it costing you to **not** work on this goal? \_\_\_\_\_  
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9. What resistance or obstacles do you have to working on this goal, and/or what's at risk to work on it (what bad thing might happen if you work on it)? What does the internal resistance want?  
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10. How will you cope with... stress, lack of time, going out of town, being sick, being at a party, etc.?  
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11. How will you be accountable towards completing your goal? (set up reminders, track progress, have someone else hold you accountable) \_\_\_\_\_  
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12. Who can support you in this goal, and what does that support look like? Choose more than one person. \_\_\_\_\_  
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13. How will you reward yourself and celebrate along the way? What will you do if there are missteps? \_\_\_\_\_  
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14. What else will you do to help you achieve your goal? \_\_\_\_\_  
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15. Follow-up on your steps at scheduled times. Celebrate your wins, and examine non-completion without negativity. Adjust strategy as needed.