

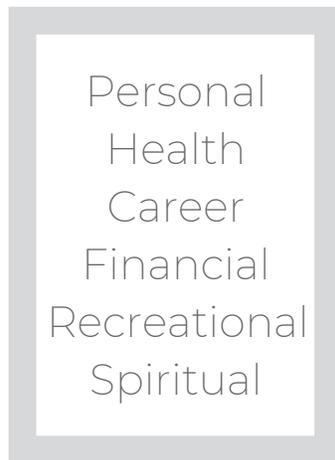
# GOAL SETTING WORKSHEET

How to use this worksheet: Choose any of these categories that you want to set goals for, or create your own!

Write the first category on the top line, and use lines 1, 2 and 3 for your goals associated with that category.

The subsequent 1, 2 and 3 lines under each goal are for the first steps you need to take to reach that goal.

Keep the worksheet somewhere you see it all the time, so you keep your goals at the top of your mind!



## 1. Goal Category

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### 1. First goal in this category

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#### 1. First step to meet this goal

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#### 2. second step to meet this goal

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#### 3. Third step to meet this goal

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# GOAL SETTING WORKSHEET

1. \_\_\_\_\_

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

NOTES

2. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

NOTES

3. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

NOTES

# GOAL SETTING WORKSHEET

2. \_\_\_\_\_

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

NOTES

2. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

NOTES

3. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

NOTES

# GOAL SETTING WORKSHEET

3. \_\_\_\_\_

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

NOTES

2. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

NOTES

3. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

NOTES

# GOAL SETTING WORKSHEET

4.

\_\_\_\_\_

1.

\_\_\_\_\_

1.

\_\_\_\_\_

2.

\_\_\_\_\_

3.

\_\_\_\_\_

NOTES

2.

\_\_\_\_\_

1.

\_\_\_\_\_

2.

\_\_\_\_\_

3.

\_\_\_\_\_

NOTES

3.

\_\_\_\_\_

1.

\_\_\_\_\_

2.

\_\_\_\_\_

3.

\_\_\_\_\_

NOTES

# GOAL SETTING WORKSHEET

5. \_\_\_\_\_

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

NOTES

2. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

NOTES

3. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

NOTES

# GOAL SETTING WORKSHEET

6. \_\_\_\_\_

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

NOTES

2. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

NOTES

3. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

NOTES