

Make It Happen

Look at your theme. What do you want your goals to be? What will have the biggest impact on your life or career? Working backwards often makes it easier to see what needs to happen in the long-term, mid-term, and short-term.

FIVE-YEAR GOAL

ONE-YEAR GOAL

ONE-MONTH GOAL

ONE-WEEK GOAL

Making Progress

Now let's look at how you can make real progress on your big goal.

What are your steps toward achieving this goal?

01	06
02	07
03	08
04	09
05	10

How can you span your progress over a period of time?

How can you hold yourself accountable? Is it telling someone, getting a calendar, etc.?

Goal Worksheet

What do I want to achieve?

How will reaching this goal improve my life?

PLAN OF ACTION

What are small, specific, realistic ideas for taking action on this goal?

01

02

03

04

05

06

07

08

09

PEOPLE TO ASK FOR GUIDANCE/ACCOUNTABILITY ON THIS GOAL OR ENCOURAGING RESOURCES TO TRY:

NOTES TO SELF/ENCOURAGING WORDS