## GOAL SETTING WORKSHEET

1. **WHAT WOULD YOU LIKE TO ACCOMPLISH?**
   Use this space to define your goals. What will the year bring?

2. **WHY DO YOU WANT TO ACCOMPLISH THIS GOAL?**

3. **IS THIS GOAL PERSONAL OR PROFESSIONAL?**

4. **HOW WILL ACHIEVING THIS GOAL AFFECT YOUR LIFE?**

5. **WHEN DO YOU WANT TO ACHIEVE YOUR GOAL?**
   Set reasonable timelines for when you can accomplish your goal. Is it a year? Six months? Where do you want to be on your way to this goal in a week? A month? Two months? A year?

6. **WHO CAN HELP SUPPORT ME?**
   Asking for help can help you succeed. Use this space to define who can help you achieve your goals.

7. **WHAT ACTIONABLE STEPS DO I NEED TO TAKE TO ACHIEVE MY GOAL?**

8. **GOAL CHECK-IN**
   Are you making progress? Keep this sheet handy and make regular check-ins to see how far you’ve come!