

Goal Worksheet



Write one of your top goals:

What is your why?

What is one small thing you can do to work toward your goal?

Add a completion date for your goal:

WHAT DO YOU NEED TO COMPLETE THE ONE SMALL THING?

(TRAINING, MATERIALS, ETC)

WHAT QUESTIONS DO YOU HAVE ABOUT THIS ONE SMALL THING?

WHO DO YOU NEED IN YOUR LIFE TO SUPPORT YOU THROUGH THIS?

WHAT FEARS OR OBJECTIONS DO YOU HAVE TO ACHIEVING THIS ONE SMALL THING?

Put it all together and go!

