

Goal Setting Worksheet

NAME

DATE

Big Audacious Goal

WHAT ONE THING WOULD YOU LOVE TO DO THIS YEAR THAT WOULD PUSH YOURSELF?

WHY IS THIS GOAL IMPORTANT TO YOU?

WAYS YOU WILL ACCOMPLISH YOUR GOAL

1

2

3

One Thing You Need to Do

WHAT DO YOU NEED TO DO THIS YEAR?

HOW WILL YOU ACCOMPLISH THIS?

One Thing You'd Like to Do

WHAT WOULD YOU LIKE TO DO IF THERE IS TIME?

HOW WILL YOU ACCOMPLISH THIS?