**Goal Setting Worksheet**

**Section 1: Plan Creation**

**Defining Your Goal**

What is your goal?

Why is that your goal?

What are potential roadblocks to reaching your goal? How will you overcome them?

**Making your goal measurable**

How will you know when you’ve reached your goal?

How will you measure progress? A number or yes/no value is best.

(ex. yes, I went to the gym or I did 10 pushups)

**Making Your Goal Actionable**

What specific actions do you need to take to achieve your goal? Write down each action you can think of.

**Enter your Actionable Items Into Section 2 - Make sure to add times when you'll do the actions. Get a calendar!**

**Section 2: Executing Your Goal**

**Week 1:**

Daily Reflection 1:

Daily Reflection 2:

Daily Reflection 3:

Daily Reflection 4:

Daily Reflection 5:

Daily Reflection 6:

Daily Reflection 7:

Weekly Reflection:

**Week 2**

Daily Reflection 1:

Daily Reflection 2:

Daily Reflection 3:

Daily Reflection 4:

Daily Reflection 5:

Daily Reflection 6:

Daily Reflection 7:

Weekly Reflection:

**Week 3**

Daily Reflection 1:

Daily Reflection 2:

Daily Reflection 3:

Daily Reflection 4:

Daily Reflection 5:

Daily Reflection 6:

Daily Reflection 7:

Weekly Reflection:

**Week 4**

Daily Reflection 1:

Daily Reflection 2:

Daily Reflection 3:

Daily Reflection 4:

Daily Reflection 5:

Daily Reflection 6:

Daily Reflection 7:

Weekly Reflection: