

Goal Setting Worksheet

A good way to increase your chances for success with your goals is to make a contract with yourself. Then, post the contract where you will see it often for inspiration.

Your name: _____ **Date:** _____

Goals:

- Keep your goals reasonable. Don't attempt to accomplish everything in a short period of time. Only tackle 2 or 3 important goals at a time. You can always go back and add more goals later.

- Pick something you can measure. Aim to accomplish a specific goal by a specific date. Break larger goals down into smaller, manageable steps.

- Do something everyday, no matter how small it may seem, toward reaching your goals.

Goal 1. _____ by _____ date

Major milestones/ steps to success:

1. _____ by _____ date
2. _____ by _____ date
3. _____ by _____ date

Goal 2. _____ by _____ date

Major milestones/ steps to success:

1. _____ by _____ date
2. _____ by _____ date
3. _____ by _____ date

Goal 3. _____ by _____ date

Major milestones/ steps to success:

1. _____ by _____ date
2. _____ by _____ date
3. _____ by _____ date

Accountability partners: You're more likely to stick with your plan if you involve others. Make a public declaration of your goals by asking 2 people to sign this contract and check in with you periodically on your progress.

Witness:

I promise to encourage and support _____ toward reaching his/her goals.

Partner 1. _____ Signature: _____ Date: _____

Partner 2. _____ Signature: _____ Date: _____

Your signature:

_____ Date: _____