

# GOAL PLANNING WORKSHEET

Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

My bull's-eye goal is: \_\_\_\_\_

My outer rim goal is: \_\_\_\_\_

Target Date: \_\_\_\_\_ Progress check dates: \_\_\_\_\_ Date Achieved: \_\_\_\_\_

Benefits I expect from achieving this GOAL: \_\_\_\_\_

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What feelings will be generated by hitting this GOAL?.. Example: more confidence...

Strategies to reach the goal:

Strategy #1 \_\_\_\_\_

Action steps to accomplish strategy:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Strategy #2 \_\_\_\_\_

Action steps to accomplish strategy:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Affirmation (positive statement to raise my confidence): \_\_\_\_\_

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Who knows about my GOAL? \_\_\_\_\_

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What help/support/tools do I need to reach this goal? \_\_\_\_\_

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**Obstacles between me and my goal:**

**Solutions to overcome obstacles:**

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\_\_\_\_\_

\_\_\_\_\_

How will I reward myself when I achieve my GOAL? \_\_\_\_\_

\_\_\_\_\_