

GOAL-SETTING WORKSHEET

Date: _____

What is my current status? _____

{Make sure your answers to the following questions really make you FEEL something extraordinary! You may feel like dancing for joy or crying because they hit you right in the heart space!}

WHAT do I want? Where do I want to be? _____

WHY do I want it? _____

What are some specific action steps that will move me toward my goals?

I want to achieve my goal by:
