



Goal Setting

Name:

Date:

Directions: *Putting your goals in writing helps serve as a reminder of what you want to accomplish.*

DREAM BIG!

Write your goals in the present tense as if they are already accomplished. For example, let's say one of your goals is to lose 30 pounds and train for your first ½ marathon over the next year. Your one-year, long-term goal will read, *"I have lost 30 pounds and I'm training for my first ½ marathon."* Then break that goal down into the milestone increments and write them in the affirmative as well.

What do you want to have accomplished one year from now? What are the goals that you want to be able to say, *"Wow, I did it!"*, State why your goal is important and how it will make you feel. What will that mean for your life, yourself, your loved ones?

List your one-year long-term goals:

1.
This is important to me because...
2.
This is important to me because...
3.
This is important to me because...
4.
This is important to me because...
5.
This is important to me because...

Now, back into that goal by determining where you'll be half way to your long-term goals:

List your six month milestone goals...

1.

2.

3.

4.

5.

What is the mid-way point to your six month goals?

List your three month milestone goals...

1.

2.

3.

4.

5.

Now, what do you want to accomplish in your first month?

List your one month milestone goals...

1.

2.

3.

4.

5.