

Goal Setting



Celebrate
every win!



For the
year 2023

Clarify Your Vision and Achieve Your Dreams!

Welcome to the Goal-Setting Worksheet! This worksheet is designed to help you clarify your goals, motivations, and action plan for achieving your personal and professional aspirations. By using this worksheet, you'll gain greater self-awareness, develop a clear roadmap for success, and stay accountable to your commitments.

Step 1: Define your goal:

What do you want to achieve? Use the SMART criteria to guide your goal-setting:

- Specific: What exactly do you want to accomplish?
- Measurable: How will you know when you have achieved your goal?
- Achievable: Is your goal realistic and attainable?
- Relevant: Why is this goal important to you?
- Time-bound: When do you want to achieve your goal?

Create your Goal Statement:

Here is an example of a Goal Statement:

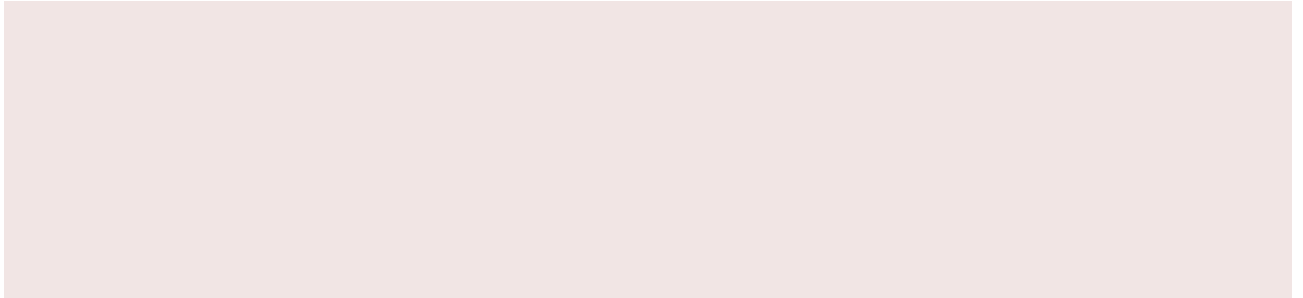
"By the end of our coaching engagement, I will have developed greater self-awareness and emotional intelligence, as demonstrated by my ability to regulate my emotions, communicate more effectively with others, and make decisions aligned with my values and goals, within the next 6 months."

Your Goal Statement:

Step 2: Identify your motivations

What motivates you to achieve this goal? What are the benefits or rewards of reaching this goal?
What will happen if you don't achieve this goal?

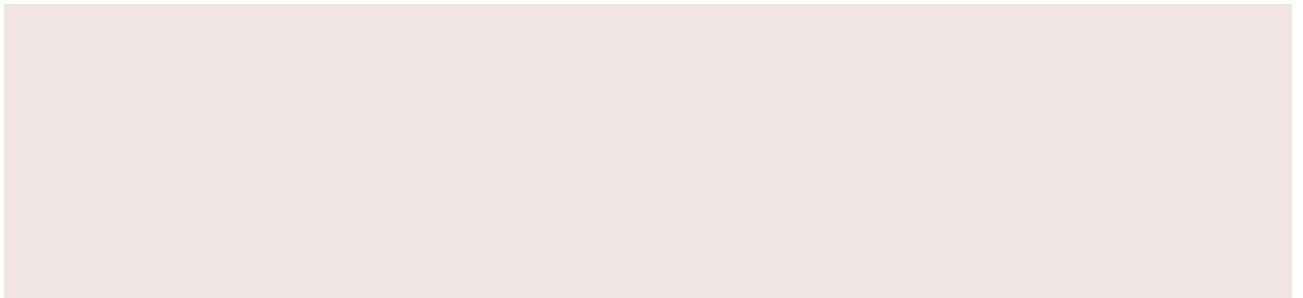
Motivations:



Step 3: Identify your obstacles

What obstacles or challenges might prevent you from achieving your goal? What are your limiting beliefs or self-doubts? How can you overcome these obstacles?

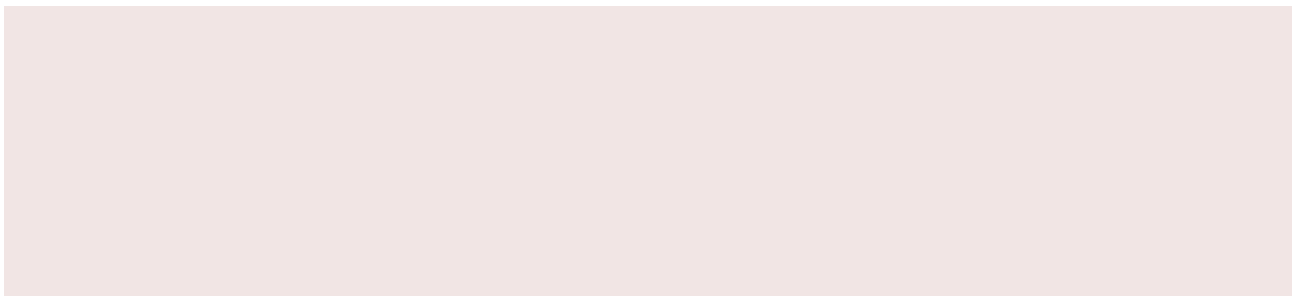
Obstacles:



Step 4: Identify your resources

What resources do you have that can help you achieve your goal? This can include people, skills, knowledge, tools, or other assets. What additional resources do you need?

Resources:



Step 5: Develop an action plan

What specific actions will you take to achieve your goal? Break your goal down into smaller, actionable steps. What is your timeline for each step? How will you measure your progress?

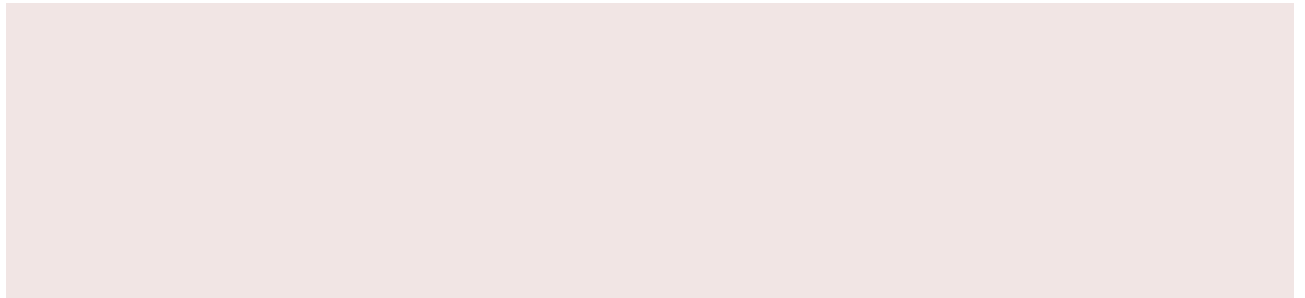
Action plan:

- Step 1:
- Step 2:
- Step 3:
- Step 4:
- Step 5:
- Timeline:
- Progress measures:

Step 6: Identify your support system

Who can support you in achieving your goal? This can include friends, family, colleagues, mentors, or a coach. How can you stay accountable and motivated?

Support system:



Step 7: Reflection

Reflect on your progress towards your goal so far. What has gone well? What challenges have you faced? What have you learned about yourself and your goals? Use this reflection to make any necessary adjustments to your action plan.

Reflection:

Congratulations on completing your Goal-Setting Worksheet! Remember to review and update your goals regularly to stay on track and make progress towards your dreams. Best of luck on your journey towards success!



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