



Goal Setting Worksheet

Name _____

Date _____

Part 1: "Pick a Goal"

Step 1

Set a **SPECIFIC** Goal
(only pick one!)

What _____

Who _____

Where _____

When _____

Why _____

Step 2

How can you **MEASURE** your goal?
(LIST 3 WAYS – i.e. how much/how many?)

A _____

B _____

C _____

Step 3

Is your goal **ACTIONable**?
(What are you going to do? Be Firm Here!)

Step 4

Is your goal **REALISTIC**?
(Can it be reached?)

Step 5

TIME BOUND – when can you reach your goal?
(SET A DATE!)



Part 2: "Make some commitments to yourself!" don't try to manage time!

Answer the following questions:

What days of the week can you commit 30 minutes of your day to exercise? (Check 4)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

What time of day do you have 1 hour available?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6AM	7AM	8AM	12PM	3PM	5PM	7PM

What possible obstacles might you foresee getting in your way?

List 3

What will you do if faced with one of these obstacles?

Create a mantra to overcome and defeat – remember your WHY!

What will you do when you've reached your GOAL?

Describe in 2 or 3 sentences, using present tense, what that looks like.

Part 3: "Do This NOW!"

Write your GOAL down! Post it on your fridge, your bathroom mirror and your desk / work space – read and reread daily! Get after it!