



GOAL SETTING

One year from today, what goals would you like to look back on and be able to say, "WOW, I did it." Include why it is important, how it will make you feel, and how achieving each goal will affect your life, yourself and your loved ones. Putting your goals in writing helps serve as a reminder of what you want to accomplish.

List 1-2 goals you would like to achieve in the next year: Try to be as specific as possible with each long-term goal. Write each goal in present tense. For example, "I have lost 20 pounds and I'm training for my first 1/2 marathon."

GOAL:
This is important to me because...
GOAL:
This is important to me because...

Now, let's breakdown those long-term goals. Where do you want to be in 6 months? List your 6-month milestone goals that will help you reach your long-term goals:

1.
2.
3.
4.
5.

Let's break down your goals even further. List some 3-month milestone goals that will help you reach your 6-month goals:

1.
2.
3.
4.
5.

Now, what do you want to accomplish in your first month that will help you reach your 3- month goals?

1.
2.
3.
4.
5.