

# GOAL AND VISION WORKSHEET

## Worksheet Rules:

1. Goals must be true to you! Not goals that others want of you.
2. S.M.A.R.T Goals: Specific, Measurable, Attainable, Relevant, Timely.
3. Always list your goals in a positive manner:

Instead of This	Write This
"I want to work out to lose weight"	"I want to work out to feel strong and sexy"
"Stop eating junk food"	"Nourish my body with foods that will help me live longer and feel strong"
"I want to be rich"	"Find exciting new skills I enjoy that will help me reach financial independence"

## Step I: Identify Areas of Growth

<b>Health &amp; Fitness</b> <i>How can I give my body the best nutrition and fitness?</i> <ul style="list-style-type: none"> <li>• Statement:</li> <li>• Statement:</li> <li>• Statement</li> </ul>	<b>Family, Love, &amp; Friendship</b> <i>How can I show the people closest to me that I love and appreciate them?</i> <ul style="list-style-type: none"> <li>• Statement:</li> <li>• Statement:</li> <li>• Statement</li> </ul>	<b>Career &amp; Prosperity</b> <i>How can I create financial freedom by doing what I love?</i> <ul style="list-style-type: none"> <li>• Statement:</li> <li>• Statement:</li> <li>• Statement</li> </ul>
<b>Spiritual &amp; Knowledge</b> <i>How to foster inner peace and joy?</i> <ul style="list-style-type: none"> <li>• Statement:</li> <li>• Statement:</li> <li>• Statement</li> </ul>	<b>Service &amp; Generosity</b> <i>How can I give back and help others less fortunate?</i> <ul style="list-style-type: none"> <li>• Statement:</li> <li>• Statement:</li> <li>• Statement</li> </ul>	<b>Travel</b> <i>How can I grow by experiencing the world?</i> <ul style="list-style-type: none"> <li>• Statement:</li> <li>• Statement:</li> <li>• Statement</li> </ul>

Goal Statement	Steps to reach my goal	Things that will help me reach my goal	Measurement
	1.  2.  3.	1.  2.  3.	1.  2.  3.
	1.  2.  3.	1.  2.  3.	1.  2.  3.
	1.  2.  3.	1.  2.  3.	1.  2.  3.

Step II: Identify 3 Goals that contribute to any of the areas you wrote in step I.

Last Step: Which ones can be achieved in 30-days?

*If none of them can, pick one goal and break it down into smaller achievable goals:*

Identify Goal from above to break down \_\_\_\_\_:

Sub-Goal	Steps to reach my goal	Things that will help me reach my goal	Measurement
	1.  2.	1.  2.	1.  2.
	1.  2.	1.  2.	1.  2.