



GETTING TO *WHY*

Goal Planning Worksheet

Area of Life _____ Today's Date _____

Target Date _____ Achievement Date _____

Specific

My goal, stated as clearly and concretely as possible:

Measurable

I will use the following to measure progress and confirm achievement:

Attainable

I currently have/will acquire the following necessary abilities, skills, and qualifications:

Realistic

I have/will acquire the following necessary resources (time, money, etc.):

Trackable

I will do the following to track progress and confirm achievement:

**Reality
Check**

For this goal to have meaning, I need to be able to answer "yes" to all three of these questions:

Does this goal support my values for this Area of Life? **YES / NO**

Does this goal help me get to *Why*? **YES / NO**

Is this goal worth the time, effort, and money it requires? **YES / NO**

**Fear of
Failure**

My fears in detail, and what I'll do to overcome them:

**Fear of
Ridicule**

**Fear of
Success**



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My Goal _____

Benefits

Benefits to be gained (losses to be avoided) from achieving this goal: _____

Affirmations

Positive statements to boost my confidence and focus: _____

Action Steps

Specific steps I will take to achieve my goal:

	Target Date	Review Date	Achievement Date
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

Possible Obstacles	Possible Solutions
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.