

Goal Setting Worksheet

Aware's 10 Steps to Reaching Your Goals & Dreams

Name: _____ Start Date: _____

My Goal: _____ Completion Date: _____

1 Make a commitment and be intentional. Hold yourself accountable by signing a commitment statement.

“I am committed to accomplishing my goal by following the proper steps, putting in a full effort and being consistent.”

Signature _____ Date _____

2 Remember to keep a positive attitude. Picture yourself achieving your goal and imagine how good it will make you feel. Write what you specifically saw and felt.

Remember what Yoda said: “Do or do not. There is no try...”

3 Define your Why or your reason for doing it. It shouldn't be about material things or money, and it definitely shouldn't be because someone else wants you to do it. Dig deep to find the things you value most about accomplishing your goal. Take a minute to write them down.

4 Broadcast your goal. Write down the person or persons who you will trust to hold you accountable and motivate you to reach your goal.

5 Learn from others. Write down the person or place you will go to for help on creating the best plan to accomplish your goal. This can include websites.

6 Create a solid plan for success. List the daily activities or tasks you will need to accomplish to reach your goal, including any deadlines for completing them.

List the ways you will measure your progress.

7 Buy into the process. Identify any tools you will need or items to purchase that will aid in reaching your goal.

List any bad habits you will replace with good ones.

8 Plan for what psychologists call Flow. Come back to this step once you reach the point where you feel like “I got this” and write down your feelings about it.

9 Celebrate your success and reward yourself. Write down what you will do to treat yourself once you attain your goal.

10 Build on your success to plan the next goal. List any other goals that you want to accomplish once you reach this goal.
