

# GOAL PLANNING SHEET

Area  Today's Date  Target Date  Date Achieved

Goal (Specific, Measurable, Attainable, Realistic, Tangible)

Benefits from Achieving This Goal and/or Losses to Be Avoided from Achieving This Goal

Possible Obstacles	Possible Solutions

(over)

Order #	Specific action steps for achieving goal	Target Date	Date Reviewed	Date Completed
# _____	_____			
# _____	_____			
# _____	_____			
# _____	_____			
# _____	_____			
# _____	_____			
# _____	_____			
# _____	_____			
# _____	_____			
# _____	_____			

Who needs to know about this goal? \_\_\_\_\_  
 \_\_\_\_\_

Method of tracking progress: \_\_\_\_\_  
 \_\_\_\_\_

Does this goal support my values? \_\_\_\_ Yes \_\_\_\_ No  
 Is it worth the time, effort, and money to reach this goal? \_\_\_\_ Yes \_\_\_\_ No \_\_\_\_ Yes, later.

AFFIRMATIONS TO SUPPORT THIS GOAL	VISUALIZATION
Positive statements to raise your confidence	Items to use Where to use them