

# goalsworksheet

## {purpose}

what are you trying to achieve? what is your ultimate purpose?

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## {vision}

what do you hope to accomplish in the next year?

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what do you hope to accomplish in the next five years?

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## {goals}

what goals will help you move toward your vision?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

### remember to set (MICRO goals):

...measurable goals so you can track your progress as you go

...inspirational goals that give you a reason to invest the time and effort into achieving them

...concrete goals that define exactly what you want to accomplish

...realistic goals that work with your personality and lifestyle

...attainable goals so that you don't become discouraged

...micro goals that move you closer to your vision one step at a time