



GOAL PLANNING SHEET

Area

Today's Date

Final Target Date

Date Achieved

Goal (Specific, Measurable, Attainable, Realistic, Time Element)

Benefits from Achieving This Goal and/or Losses to be Avoided From Achieving this goal

Possible Obstacles

Possible Solutions

Use Other Side for Specific Action Steps



Order	Specific Action Steps for Achieving This Goal	Target Date	Date Completed
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#			
#			
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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 required to reach it? ___ Yes ___ No ___ Yes, but later

Affirmations to support this goal <i>Positive statements to Raise Your Confidence</i>	Visualization	
	<i>Items to use</i>	<i>Where to use them</i>