

A Year In Review Goal Setting Worksheet

Name:

Date:

What do I want, but don't have?
(think of items that fulfill a strong desire or need)

- 1)
- 2)
- 3)

What do I have, but don't want?
(these are items that cause stress or mental clutter)

- 1)
- 2)
- 3)

The three most important things in my life are:

- 1)
- 2)
- 3)

My top three goals for this year are:

- 1)
- 2)
- 3)

Six Thirty-One

Goal 1:

What specifically do you want?

What will it look/sound/feel like?

Where do you want to be?

Where are you now?

When this happens, I can say I've met this goal.

If I achieve this goal, I will:

If I don't achieve this goal, I will:

What can I start doing right now?

What can I stop doing right now?

I can see this getting in my way.

To avoid these obstacles, I will:

Achieving this goal will allow me to _____

If I achieve this goal, I won't:

If I don't achieve this goal, I won't:

Who will be there?

Where will it happen?

When will it happen?

List the first five action steps needed to achieve this goal.

1

2

3

4

5

Six Thirty-One

Goal 2:

What specifically do you want?

What will it look/sound/feel like?

Where do you want to be?

Where are you now?

When this happens, I can say I've met this goal.

If I achieve this goal, I will:

If I don't achieve this goal, I will:

What can I start doing right now?

What can I stop doing right now?

I can see this getting in my way.

To avoid these obstacles, I will:

Achieving this goal will allow me to _____

If I achieve this goal, I won't:

If I don't achieve this goal, I won't:

Who will be there?

Where will it happen?

When will it happen?

List the first five action steps needed to achieve this goal.

1

2

3

4

5

Six Thirty-One

Goal 3:

What specifically do you want?

What will it look/sound/feel like?

Where do you want to be?

Where are you now?

When this happens, I can say I've met this goal.

If I achieve this goal, I will:

If I don't achieve this goal, I will:

What can I start doing right now?

What can I stop doing right now?

I can see this getting in my way.

To avoid these obstacles, I will:

Achieving this goal will allow me to _____

If I achieve this goal, I won't:

If I don't achieve this goal, I won't:

Who will be there?

Where will it happen?

When will it happen?

List the first five action steps needed to achieve this goal.

