

# 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

...*obtainable* goals so that you don't become discouraged

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