

Goal setting worksheet - Template

Goal 1	GOAL: <i>briefly describe your goal...</i>	TIMELINE: <i>use this area to create an estimated timeline for this goal.</i>	STEPS: <i>use this area to write down the steps you would like to take in order to reach this goal.</i>	INTENTIONS: <i>what are your intentions?</i>	DATE STARTED:	NOTES: <i>use this area to jot down any progress you make, exciting milestones, etc.</i>
	TYPE: <i>circle one option below</i> IMMEDIATE GOAL - BY DAY SHORT TERM GOALS - BY WEEK MEDIUM TERM GOAL - BY MONTH LONG TERM GOAL - BY YEAR			FACTORS: <i>what are the factors you need to consider?</i>	DATE COMPLETED:	
Goal 2	GOAL: <i>briefly describe your goal...</i>	TIMELINE: <i>use this area to create an estimated timeline for this goal.</i>	STEPS: <i>use this area to write down the steps you would like to take in order to reach this goal.</i>	INTENTIONS: <i>what are your intentions?</i>	DATE STARTED:	NOTES: <i>use this area to jot down any progress you make, exciting milestones, etc.</i>
	TYPE: <i>circle one option below</i> IMMEDIATE GOAL - BY DAY SHORT TERM GOALS - BY WEEK MEDIUM TERM GOAL - BY MONTH LONG TERM GOAL - BY YEAR					
Goal 3	GOAL: <i>briefly describe your goal...</i>	TIMELINE: <i>use this area to create an estimated timeline for this goal.</i>	STEPS: <i>use this area to write down the steps you would like to take in order to reach this goal.</i>	INTENTIONS: <i>what are your intentions?</i>	DATE STARTED:	NOTES: <i>use this area to jot down any progress you make, exciting milestones, etc.</i>
	TYPE: <i>circle one option below</i> IMMEDIATE GOAL - BY DAY SHORT TERM GOALS - BY WEEK MEDIUM TERM GOAL - BY MONTH LONG TERM GOAL - BY YEAR					

Goal 4	GOAL: <i>briefly describe your goal...</i>	TIMELINE: <i>use this area to create an estimated timeline for this goal.</i>	STEPS: <i>use this area to write down the steps you would like to take in order to reach this goal.</i>	INTENTIONS: <i>what are your intentions?</i>	DATE STARTED:	NOTES: <i>use this area to jot down any progress you make, exciting milestones, etc.</i>
	TYPE: <i>circle one option below</i> IMMEDIATE GOAL - BY DAY SHORT TERM GOALS - BY WEEK MEDIUM TERM GOAL - BY MONTH LONG TERM GOAL - BY YEAR			FACTORS: <i>what are the factors you need to consider?</i>	DATE COMPLETED:	
Goal 5	GOAL: <i>briefly describe your goal...</i>	TIMELINE: <i>use this area to create an estimated timeline for this goal.</i>	STEPS: <i>use this area to write down the steps you would like to take in order to reach this goal.</i>	INTENTIONS: <i>what are your intentions?</i>	DATE STARTED:	NOTES: <i>use this area to jot down any progress you make, exciting milestones, etc.</i>
	TYPE: <i>circle one option below</i> IMMEDIATE GOAL - BY DAY SHORT TERM GOALS - BY WEEK MEDIUM TERM GOAL - BY MONTH LONG TERM GOAL - BY YEAR					
Goal 6	GOAL: <i>briefly describe your goal...</i>	TIMELINE: <i>use this area to create an estimated timeline for this goal.</i>	STEPS: <i>use this area to write down the steps you would like to take in order to reach this goal.</i>	INTENTIONS: <i>what are your intentions?</i>	DATE STARTED: :	NOTES: <i>use this area to jot down any progress you make, exciting milestones, etc.</i>
	TYPE: <i>circle one option below</i> IMMEDIATE GOAL - BY DAY SHORT TERM GOALS - BY WEEK MEDIUM TERM GOAL - BY MONTH LONG TERM GOAL - BY YEAR					