

GOAL WORKSHEET



1. SET A LONG-TERM GOAL

a)- What is the main thing you want to accomplish?

c)- Paste a picture of what your completed long-term goal will look or feel like.

b)- LT Goal Checklist (This goal is....)

Circle one of each pair

Achievable.....Far-fetched

Important to meImportant to others

Concrete & specific Vague & open-ended

Able to be truly finished Ongoing in nature

A challengeA source of stress

If you did not circle all words on the left, go back and see how you can tweak your long-term goal to make it more doable.

d)- What's the Point?

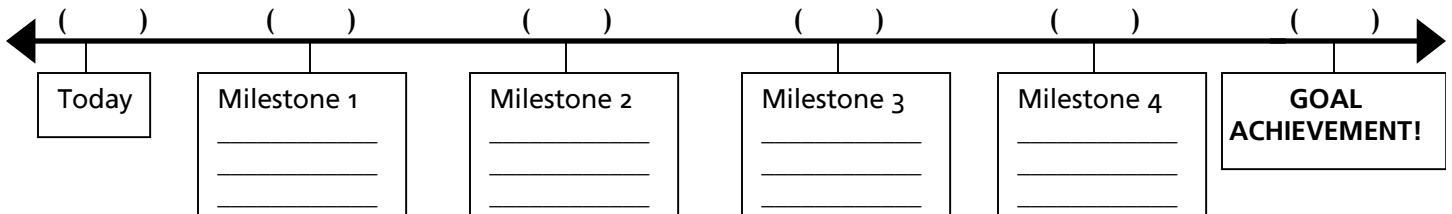
4 words/phrases that describe how your life could be different with this goal.

e)- Set A Deadline

2. CREATE MEDIUM-TERM MILESTONES

Build a goal timeline

List 4 milestones in the timeline below, things that would need to happen along the way for you to reach your long-term goal. Don't forget to add some goal dates in the parentheses.



3. FINISH WITH SHORT-TERM ACTIONS

Break 'em on down

List five or more small daily and weekly habits you can start to build that will move you closer to your first Milestone.

Short-Term Actions

_____ x per day/week

_____ x per day/week

_____ x per day/week

_____ x per day/week

_____ x per day/week

GOAL WORKSHEET



1. SET A LONG-TERM GOAL

a)- What is the main thing you want to accomplish?

I want to return to my college weight of 125.



b)- LT Goal Good Goal Test (This goal is....)

Circle one of each pair

- Achievable.....Far-fetched
- Important to me.....Important to others
- Concrete & specific..... Vague & open-ended
- Able to be truly finished..... Ongoing in nature
- A challenge.....A source of stress

If you did not circle all words on the left, go back and see how you can tweak your long-term goal to make it more doable.

d)- What's the Point?

4 words/phrases that describe how your life could be different with this goal.

- More Energy
- I can look in the mirror
- Easier to get up in the morning
- Can play tennis again

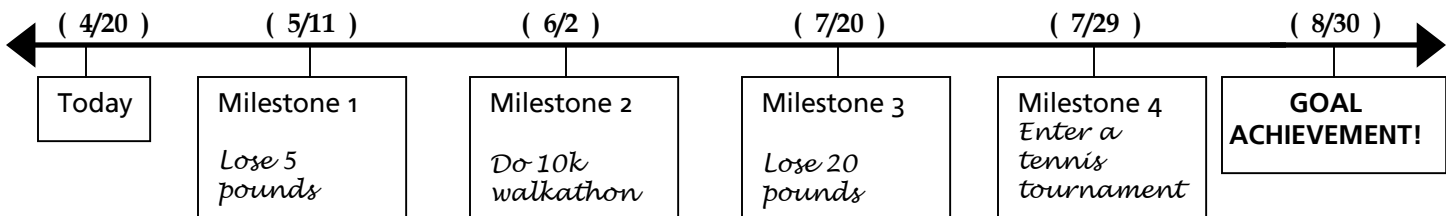
e)- Set A Deadline

August 30, 2003

2. CREATE MEDIUM-TERM MILESTONES

Build a goal timeline

List 4 milestones in the timeline below, things that would need to happen along the way for you to reach your long-term goal. Don't forget to add some goal dates in the parentheses.



3. FINISH WITH SHORT-TERM ACTIONS

Break 'em on down

List five or more small daily and weekly habits you can start to build that will move you closer to your first Milestone.

Short-Term Actions

- Eat green vegetables 3 x per day/week
- Walk with my neighbor 3 x per day/week
- Drink 8 glasses of water 1 x per day/week
- Plan the next day's menu before I go to bed 1 x per day/week
- Read an inspiring story of success 1 x per day/week