Goal Worksheet

My goal is: (think big!)…

_____

_____

Why this is important to me…

_____

_____

What life will be like when I've achieved my goal:

_____

_____

Habits/Systems that will help me achieve my goal:

Priority:	Habit/System:
1	
2	
3	
4	
5	
6	
7	

Potential Problems & Solutions:

Develop "if, then" statements to overcome problems that may come up.

- If:
- Then:

- If:
- Then:

- If:
- Then:

- If:
- Then: