

2018

Purposeful Goal Setting Worksheet

by



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Ready for an incredible new year?

In this worksheet, I'm sharing my personal goal setting process to help you create up to 5 purposeful goals for yourself to kick off 2018. Each page includes a section to write down your goal, why the goal is important to you and how you're going to achieve it. Plus, at the end I provide some tips to help you stay on track with your goals.

Let's get started!

PREP WORK

2017 Successes:

Snapshot of Life:

Desired Feelings for 2018:

PREP WORK

GOAL # 1

Goal:

Why?

How:

GOAL # 2

Goal:

Why?

How:

GOAL # 2

GOAL # 3

Goal:

Why?

How:

GOAL # 4

Goal:

Why?

How:

GOAL # 4

GOAL # 5

Goal:

Why?

How:

WHAT NEXT?

Now that you've come up with your goals, why you want to achieve them and how you're going to reach them, let's make sure that happens!

A Few Tips For Staying on Track with Your Goals:

1) Post your goals in visible places so you'll be reminded of them throughout the day.

Some of my favorite places include:

- The bathroom mirror so you see them every morning while getting ready.
- At the base of the lamp on your bedside table so you see them before bed and when you wake up.
- The lock screen of your phone so every time you check your phone, your goals are there to greet you.

2) Determine how you like to be held accountable.

Are you internally motivated to achieve your goals? Do you work better when you have an accountability partner? Figure out the best method accountability for you and put the right systems in place for yourself.

3) Plan how you're going to celebrate your achievements.

Decide how you want to celebrate each of the goals you'd like to achieve. When you determine this in advance, you have something to look forward to when you reach each of your goals and helps keep you focused. Plus, it'll ensure that you take time to recognize your accomplishments.

As always, if I can be of any help as you work towards your goals, please feel free to email me at carolyn@compassmaven.com!

Wishing you a wonderful year!

Be well,
Carolyn