

# 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