

Goal Planning Workbook

MAKING CHANGES WITHOUT GETTING OVERWHELMED

WHAT DO YOU REALLY WANT OUT OF LIFE? (BRAIN DUMP)

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WHAT AREAS OF YOUR LIFE DO YOU WANT TO IMPROVE? (CORE VALUES)

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WHAT WOULD YOU LIKE TO ACCOMPLISH THIS YEAR IN EACH AREA? (GOALS)

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WHICH ONE GOAL ARE YOU GOING TO START NOW?

MAKE A PLAN:

WHO CAN HELP YOU?

WHAT BABY STEPS DO YOU NEED TO TAKE?

WHEN WILL YOU WORK ON YOUR GOAL?

WHERE WILL YOU WORK ON YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS GOAL?

The journey of a thousand miles begins with a single step.

-Lao Tzu