

Goal Setting Worksheet ~ Work in Progress

Goal Be specific and concise. Put an end date	Why? What does this goal mean to you? Why this goal? What does accomplishing this goal look like? Visualise How will you feel when you've reached your goal?	How? Write a summary of how you will accomplish your goal. There will be a sheet to help you create bite sized tasks to reach your goal.
<i>Example: To obtain my driver's licence by 30 June 2017</i>	<i>It will give me more freedom whilst travelling. I will feel more confident in myself.</i>	<i>Enroll in a driving school and start lessons. Take the theory test. Once I pass, book the driving test.</i>
1.		
2.		
3.		

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Instructions: Use this sheet to create bite-size tasks for each goal. This will help you to stay focused and not be overwhelmed by a large goal. Be sure to put the date of when you will complete the task and celebrate when you've ticked it off your list ;)

Goal 1:	Goal 2:	Goal 3:
Task:	Task:	Task:
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