

9-Step Blueprint for Achieving Goals Worksheet

Step One: Define Your Goal

Gut check #1—Is my goal challenging but doable?

Gut check #2 – Does my goal erupt from my joyous passion?

Step Two: Commit to Your Goal

My goal is _____

My support group consists of _____

My first positive action in the direction of my goal will be _____

Step Three: Develop A Plan

Deadline for my goal _____

My goal will take _____ years; _____ months; _____ weeks

Intermediate step #1 (yearly goal) _____

Deadline for intermediate step #1 _____

Add goals for more years if necessary

Intermediate step #2 (monthly goal) _____

Deadline for intermediate step #2 _____

Add goals for more months if necessary

Intermediate step #3 (weekly goal) _____

Deadline for intermediate step #3 _____

Add goals for more weeks if necessary

Intermediate step #4 (daily goal) _____

Deadline for intermediate step #4 _____

Add goals for more days if necessary

Step Four: Work Your Plan

My schedule for working toward my goal is _____

Step Five: Keep Your Goal Front of Mind

I will post my goal _____

I will connect with my support group about my goal _____

I will study the following things to bring me closer to my goal _____

Step Six: Eliminate Subconscious Conflicts That Impede Your Progress Toward Your Goal

My positive affirmations are _____

My visualizations are _____

Step Seven: Monitor Your Progress

My progress for the year _____ was _____

Add progress for goals for more years if necessary

My progress for the month _____ was _____

Add progress for goals for more months if necessary

My progress for the week of _____ was _____

Add progress for goals for more weeks if necessary

My progress for _____ (name the day) was _____

Add progress for goals for more days if necessary

Step Eight – Reach Your Goal

My reward now that I have met my goal is _____

Step Nine – Set A New Goal

My next goal is _____
