Name _____ _____   Future Date_____

My Physical Health Goals

My Knowledge and Education

My Spiritual, Emotional, Mental Health

My Relationships

My Lifestyle

Financial

Business and Work

How to Use the Goal Setting Sheet!

Goal setting is important because without goals we tend to drift aimlessly. Whether we are an individual or an organization we need to have goals that we strive for that make us better.

Setting goals does not have to be a big event. Studies have shown that whether you take 2 days setting goals or 2 minutes, they will be essentially the same. Intrinsically you know what you want and need to happen.

How to Do This Exercise:
Set a timer to 2 minutes or whatever amount of time you wish to give yourself or your team

Write down in one section what your goals are for that period of time that you are doing. Preferably start with a longer time frame and work backwards in other words, do 1 page for 10, or 5 year goals and 1 page for 1 year goals (do the exercise twice or 3 times).

Start each sentence or point form using the words I am or I have, so you are in the present tense.

For example - I am exercising 3 times a week for 15 minutes, I am reading 1 book a week, I have x$ in the bank,   I am spending time doing…..

Once you are done, share this with your friend, coach, spouse or business partner if need be and then put it in an envelope and put it in a drawer where you might find it in a year, or 5 years.

There is scientific evidence to show that writing down goals helps them get achieved. Try it and be amazed at what happens.