

Goal Setting Worksheet for Success

1. Define Your Big Goal

What is the one big goal you want to achieve?

Write your goal here:

2. Make It SMART

Criteria

Your Answer

Specific - What exactly do you want to accomplish?

Measurable - How will you measure progress/success?

Achievable - Is this goal realistic and attainable?

Relevant - Why is this goal important to you?

Time-Bound - What is your deadline?

3. Break It Down Into Mini Goals

List 3–5 actionable steps that will help you reach your main goal.

Mini Step

Target Date

Status (☐ Not Started ☐ In Progress ☐ Done)

4. Identify Obstacles & Solutions

Anticipate roadblocks and how you'll overcome them.

Potential Challenge

Solution/Strategy

5. What's Your Motivation?

Why do you want to achieve this goal? What will it mean for you personally or professionally?

This section reconnects your heart to your ambition.

6. Accountability Plan

Who will keep you accountable? (Friend, mentor, app?)

How often will you check in on your progress?

7. Celebrate Milestones

List how you'll reward yourself when you hit a milestone.

Milestone

Reward