

# goal setting worksheet

	GOAL & TYPE	TIMELINE	STEPS	INTENTIONS & FACTORS	DATES	NOTES
GOAL #1	<p><b>GOAL:</b> <i>briefly describe your goal...</i></p> <hr/> <p><b>TYPE:</b> <i>circle one option below</i></p> <p>IMMEDIATE GOAL - BY DAY SHORT TERM GOALS - BY WEEK MEDIUM TERM GOAL - BY MONTH LONG TERM GOAL - BY YEAR</p>	<p><b>TIMELINE:</b> <i>use this area to create an estimated timeline for this goal.</i></p>	<p><b>STEPS:</b> <i>use this area to write down the steps you would like to take in order to reach this goal.</i></p>	<p><b>INTENTIONS:</b> <i>what are your intentions?</i></p> <hr/> <p><b>FACTORS:</b> <i>what are the factors you need to consider?</i></p>	<p><b>DATE STARTED:</b></p> <hr/> <p><b>DATE COMPLETED:</b></p>	<p><b>NOTES:</b> <i>use this area to jot down any progress you make, exciting milestones, etc.</i></p>
GOAL #2	<p><b>GOAL:</b> <i>briefly describe your goal...</i></p> <hr/> <p><b>TYPE:</b> <i>circle one option below</i></p> <p>IMMEDIATE GOAL - BY DAY SHORT TERM GOALS - BY WEEK MEDIUM TERM GOAL - BY MONTH LONG TERM GOAL - BY YEAR</p>	<p><b>TIMELINE:</b> <i>use this area to create an estimated timeline for this goal.</i></p>	<p><b>STEPS:</b> <i>use this area to write down the steps you would like to take in order to reach this goal.</i></p>	<p><b>INTENTIONS:</b> <i>what are your intentions?</i></p> <hr/>	<p><b>DATE STARTED:</b></p> <hr/>	<p><b>NOTES:</b> <i>use this area to jot down any progress you make, exciting milestones, etc.</i></p>
GOAL #3	<p><b>GOAL:</b> <i>briefly describe your goal...</i></p> <hr/> <p><b>TYPE:</b> <i>circle one option below</i></p> <p>IMMEDIATE GOAL - BY DAY SHORT TERM GOALS - BY WEEK MEDIUM TERM GOAL - BY MONTH LONG TERM GOAL - BY YEAR</p>	<p><b>TIMELINE:</b> <i>use this area to create an estimated timeline for this goal.</i></p>	<p><b>STEPS:</b> <i>use this area to write down the steps you would like to take in order to reach this goal.</i></p>	<p><b>INTENTIONS:</b> <i>what are your intentions?</i></p> <hr/>	<p><b>DATE STARTED:</b></p> <hr/>	<p><b>NOTES:</b> <i>use this area to jot down any progress you make, exciting milestones, etc.</i></p>

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GOAL #5	<p><b>GOAL:</b> <i>briefly describe your goal...</i></p> <hr/> <p><b>TYPE:</b> <i>circle one option below</i></p> <p>IMMEDIATE GOAL - BY DAY SHORT TERM GOALS - BY WEEK MEDIUM TERM GOAL - BY MONTH LONG TERM GOAL - BY YEAR</p>	<p><b>TIMELINE:</b> <i>use this area to create an estimated timeline for this goal.</i></p>	<p><b>STEPS:</b> <i>use this area to write down the steps you would like to take in order to reach this goal.</i></p>	<p><b>INTENTIONS:</b> <i>what are your intentions?</i></p> <hr/>	<p><b>DATE STARTED:</b></p> <hr/>	<p><b>NOTES:</b> <i>use this area to jot down any progress you make, exciting milestones, etc.</i></p>
GOAL #6	<p><b>GOAL:</b> <i>briefly describe your goal...</i></p> <hr/> <p><b>TYPE:</b> <i>circle one option below</i></p> <p>IMMEDIATE GOAL - BY DAY SHORT TERM GOALS - BY WEEK MEDIUM TERM GOAL - BY MONTH LONG TERM GOAL - BY YEAR</p>	<p><b>TIMELINE:</b> <i>use this area to create an estimated timeline for this goal.</i></p>	<p><b>STEPS:</b> <i>use this area to write down the steps you would like to take in order to reach this goal.</i></p>	<p><b>INTENTIONS:</b> <i>what are your intentions?</i></p> <hr/>	<p><b>DATE STARTED:</b></p> <hr/>	<p><b>NOTES:</b> <i>use this area to jot down any progress you make, exciting milestones, etc.</i></p>

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