

Goal-Setting Worksheet with Instructions

Putting your goals in writing can help you make your dreams a reality.

Statement of Goal

Must be SMART goal. What do you hope to get out of coaching?

Priority

How does this goal rank compared to your other goals (#1, #2, #3, etc.)? _____

Term of Goal

- ☐ Short-term (within 3 months)
- ☐ Medium-term (within 3 years)
- ☐ Long-term (over 3 years)

Life Area

- | | |
|------------------------------------|--|
| ☐ Career | ☐ Emotional |
| ☐ Financial | ☐ Spiritual |
| ☐ Physical | ☐ Family and Friends |
| ☐ Mental | ☐ Community/Environment |

Target Date

This goal will be accomplished by: _____

Strengths: What are your strengths in this area of your life that could help you achieve this goal?

Weaknesses: What are your weaknesses that you will have to work on in order to achieve this goal?

Obstacles

What currently and potentially stands between you and this goal? Include both tangible and intangible obstacles such as lack of money, time, support, or education, fear, etc.

Solutions: How will you overcome the obstacles? Include both tangible and intangible resources you can use to help you pursue your goal, such as self-confidence, support from other people, education, time, money, etc.

What will achieving this goal mean to you?

How will achieving this goal benefit you? Include any benefits for your family, the other people in your life, and the community.

Is it worth it?

Are you really willing to do what it takes to achieve this goal?

☐ Yes

☐ No