

Goal-Planning Worksheet

MAKE A LIST OF YOUR GOALS & GIVE THEM A REALISTIC DEADLINE

GOAL	DEADLINE/DATE
Example: Lose 15 lbs, Run a 5K	3 Months from today

MAKE A LIST OF THE ACTION ITEMS/WEEKLY GOALS YOU NEED TO ACHIEVE TO REACH THE GOAL

MINI MILESTONE TO ACHIEVE	Week/Date	SELF ASSESSMENT
Example: Eat more vegetables	1/Jan 1, 2014	Ate salad instead of pizza.

HOW WILL YOU CELEBRATE YOUR GOALS?

Every achievement and milestone reached deserves a celebration. How will you reward yourself?

1. Example: Buy a new pair of running shoes.
- 2.
- 3.
- 4.
- 5.

Commit Yourself 100% to Your Goal

By signing this contract, I promise to give myself and my goal 100% of my commitment and dedication. I will see my goal through to its completion.

Goal Owner: _____ Date: ____/____/____