

GOAL-SETTING WORKSHEET

WHAT YOU WANT:

THINK ABOUT 3 TO 5 YEARS FROM NOW:

- WHAT KIND OF RELATIONSHIP DO YOU HAVE WITH YOUR FRIENDS AND LOVED ONES?
- WHAT SKILLS AND/OR KNOWLEDGE DID YOU ACQUIRE?
- WHAT DOES YOUR CAREER AND INCOME LOOK LIKE?
- WHAT POTENTIAL SAVINGS/INVESTMENTS DO YOU SEE YOURSELF MAKING?
- WHAT DOES YOUR LIFESTYLE LOOK LIKE?
- HOW DOES YOUR SLEEP, DIET, AND HEALTH LOOK LIKE?
- WHAT PERSONAL PROJECTS OR HOBBIES DO YOU SEE YOURSELF ADOPTING?

WHAT YOU DON'T WANT:

NOW THINK ABOUT WHAT YOU WANT TO AVOID:

- WHAT MISTAKES DO YOU WANT TO NOT REPEAT IN THE FUTURE?
- WHAT POTENTIAL ISSUES DO YOU NEED TO PREPARE FOR IN THE FUTURE?
- WHAT NEGATIVE INFLUENCES OR TOXIC RELATIONSHIPS DO YOU WANT TO ELIMINATE FROM YOUR LIFE?
- WHAT SOURCES OF STRESS OR POTENTIAL FOR BURNOUT DO YOU WANT TO AVOID?
- WHAT CAREER PITFALLS OR JOB ENVIRONMENTS DO YOU WANT TO STEER CLEAR OF?
- WHAT UNHEALTHY HABITS OR LIFESTYLE CHOICES DO YOU WANT TO PREVENT?
- WHAT FINANCIAL MISTAKES OR RISKY INVESTMENTS DO YOU WANT TO AVOID?

PRIORITIZE:

SELECT THE TOP 3 GOALS IN THE I WANT LIST:

SELECT THE TOP 3 GOALS IN THE I DON'T WANT LIST:

OUT OF THOSE 6 GOALS SELECT THE MOST IMPORTANT GOAL YOU WANT TO FOCUS ON:

(If you're conflicted, then start by eliminating one by one and choose the one that's left)

YOUR MOTIVATION:

GREAT JOB ON SELECTING YOUR GOAL, LET'S TAKE A MOMENT TO BE INTROSPECTIVE ABOUT YOUR MOTIVATION AND SEE IF THIS GOAL IS WORTH PURSUING:

- WHY DO YOU WANT TO PURSUE THIS GOAL?
- DOES THIS GOAL ALIGN WITH YOUR VALUES?
- IS THIS GOAL MEANT TO MASK A SYMPTOM (E.G., OVERCOMPENSATING FOR LOW SELF-ESTEEM)?
- ARE YOU PURSUING THIS GOAL FOR YOURSELF TO MEET OTHERS' EXPECTATIONS OR TO GAIN APPROVAL?
- HOW WILL ACHIEVING THIS GOAL IMPACT YOUR OVERALL WELL-BEING AND HAPPINESS?
- DO YOU FEEL PASSIONATE AND EXCITED ABOUT THIS GOAL, OR DOES IT FEEL MORE LIKE A CHORE?

YOUR FIRST STEP:

DEFINE YOUR GOAL CLEARLY, "I WANT TO ACHIEVE X IN Y AMOUNT OF TIME."

TAKE YOUR GOAL AND BREAK IT DOWN INTO 3-5 MAJOR STEPS:

TAKE THE FIRST STEP AND BREAK IT DOWN INTO 2-3 SMALLER TASKS:

(if that step is too big then keep breaking it down until you have something you can start today or tomorrow.)

GREAT, WRITE DOWN YOUR FIRST STEP BELOW:

WHEN WILL YOU START THIS FIRST STEP? SELECT A TIME THAT YOU CAN COMMIT TO

HOW MANY TIMES PER WEEK WILL YOU PURSUE THIS GOAL? HOW MANY MINUTES OR HOURS WILL YOU DEDICATE EACH DAY?

(pick a number that you can commit to even on your bad days)

WHAT CAN YOU DO IN YOUR ENVIRONMENT (HOME, WORK, PERSONAL COMPUTER, PHONE) TO MAINTAIN YOUR COMMITMENT TO THIS GOAL?

ARE THERE PEOPLE WHO CAN ASSIST YOU WITH YOUR GOAL?

CAN YOU ASK THEM FOR SUPPORT?

HOW CAN THEY HELP?

ARE THERE ANY BAD INFLUENCES, HABITS, OR IMPULSES THAT MAY SABOTAGE YOU?

WHAT CAN YOU DO TO MINIMIZE THEIR IMPACT ON YOU? (YOU CAN USE GOOGLE TO GUIDE YOU)

CELEBRATE YOUR PROGRESS:

WHAT IS THE FIRST MILESTONE YOU CAN CELEBRATE?

HOW WILL YOU CELEBRATE REACHING THIS MILESTONE?

CONGRATULATIONS ON SETTING YOUR FIRST STEP!

If you feel stuck, follow this process to break down the next challenge into smaller parts until you find something you can work on.

NOW GO OUT THERE AND MAKE YOUR GOAL A REALITY!

If you want more resources like this then make sure to visit prodanamind.com