GOAL PLANNING SHEET

Area	Today's Date	Final Target Date	Date Achieved

Goal (Specific, Measurable, Attainable, Realistic, Tangible)

Benefits from Achieving This Goal and, or Losses to Be Avoided from Achieving This Goal

Possible Obstacles

Possible Solutions

Use Other Side for Specific Action Steps

(over)

Specific Action Steps for Achieving This Goal	Target Date	Date Reviewed	Date Completed
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

Method of Tracking Progress _____

_____

Does this goal support my values for this area of life? ☐ Yes ☐ No

Is it worth the time, effort, and money to reach this goal? ☐ Yes ☐ No ☐ Yes, but later.

AFFIRMATIONS TO SUPPORT THIS GOAL *Positive Statements to Raise Your Confidence*	VISUALIZATION	
	Items to Use	*Where to Use Them*

NOTE: File in the appropriate Accomplishments section when goal is completed.

Copyright ® 2001 Paul J. Meyer ALL RIGHTS RESERVED