

GOAL PLANNER

start date: _____ / _____ / 2022

reach your goals through planning and reflection

This worksheet can help you to more robustly plan your goals. With each goal from the **2022 Goals** sheet, identify more specific steps, potential obstacles, desired time frame and how achieving this goal will make you feel.

Picturing yourself achieving your goal and monitoring your progress are two things that you can do to help you succeed. This sheet will help you do both.

MY GOAL IS :

I WANT TO ACHIEVE THIS GOAL BY THIS DATE :

5 STEPS I CAN TAKE TO REACH THIS GOAL :

- _____
- _____
- _____
- _____
- _____

OBSTACLES TO ADDRESS :

HOW WILL ACHIEVING THIS GOAL MAKE ME FEEL?