

Lifewrangling Goal Setting Template

Use this template to create a long term goal and identify the steps necessary to achieve it.

1) What do I want? A broad goal here is fine.

2) Why do I want it? List 3-4 reasons this goal is important to you.

3) Detail exactly what I want to achieve.

4) By which date will I achieve it? Put a date on your goal.

5) Weekly progress monitor. What do you need to do each week to ensure you are keeping on track?

6) What I am willing to give up. What will you sacrifice in order to achieve this?

7) What I will do to help me achieve my goal. What effort are you willing to put in to achieve this?

8) What I will do straight away. What can be done today to get you closer to your goal?

Read through your goal every day and decide what you will do in step # 8 today.