

# State Champions



# Goal Setting Worksheets



## Goal Setting Worksheets

Congratulations on showing interest in learning to achieve your goals. This worksheet will provide you with a framework for processing and planning your goals. Studies have repeatedly proven that those who write out their goals and the details involved in reaching them are much more successful than those who don't.

Just having this advice won't help you much, you must take the time to fill out each section for each of your goals and review these notes daily. Having the right attitude is just like learning anything else. It takes repetition and constant practice. Think of attitude like a muscle. It must be trained and nourished if it is to become stronger and better.

When following the path to success expect hardships and setbacks. Foresee these negative experiences and plan for them by writing them out below and how you plan to deal with them. By doing this you will not be taken off course and surprised by these events.

Be sure to read these goals and strategies out loud and keep the notes in an easily visible location. It is going to be very important to reinforce them daily to keep yourself on track.

Lastly, don't put this off and never set your goals in the future. Be sure to plan in the now and write about the actions you can start taking today.

Good luck and best of luck in achieving the goals you set forth to accomplish.

Daryl Weber

**My Goals:**

**Write:** What your goal(s) are

**Motivation:**

**Write:** What is the reason you want to achieve this goal. This should not be something external, like an award.

**Actionable Steps:**

**Write:** What steps you routinely need to achieve your goal. These should be specific and you should be able to use these to visualize your path to success.

**Reminders:**

**Write:** The things you believe in that will help you achieve your goal. What do you have faith in that will help you along the way. Write any phrases that will help you stay on track when the temptation to quit or fail comes along.

**Support Group:**

**Write:** Write the names of those that you will ask for help and those that will support your efforts. Also, write out how each of these people will help you achieve your goal.