

The Goal Worksheet

This simple worksheet is designed to show you the progress you're making. Studies show that you become 72% more likely to achieve your goals by writing them down. This only takes a few minutes per month, and can mean ALL the difference in the results you get.

Step 1:

Pick one area you're currently struggling with (weight, family, confidence, etc.)

Area of difficulty: _____

Step 2:

How happy are you with your current results in that area?

(Circle one) 1 2 3 4 5 6 7 8 9 10

Step 3:

Where would you like to be within 30 days to feel satisfied with your progress?

(Circle one) 1 2 3 4 5 6 7 8 9 10

Step 4:

Exactly what would need to happen for you to achieve that number?

Answer here: _____

Step 5:

What are the top 3 actions you're committing to take each day, to reach your goal?

Action #1: _____

Action #2: _____

Action #3: _____

Step 6:

Please sign the line below, solidifying your commitment to this goal!

I, _____, commit to taking these three action items each day over the next 30 days, to achieve my goal and solidify my commitment to growth and self-love!

