Goal Setting Worksheet

Turn a vague goal into one visible next action and a review point.

1. The goal

What do I want to make true?

2. Why it matters

Why is this worth effort now?

3. Success looks like

What will be observably different?

4. Smallest next action

What can I do next that leaves a visible result?

5. Likely obstacle

What is most likely to get in the way?

6. If-then plan

If that obstacle appears, what will I do?

7. Review

Date: _____ What will I keep, change, or drop?