

# 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?