



Goal Setting Worksheet

Defining Your Life Goals

Goal setting is a powerful way to focus your energy, and turn thoughts and dreams into your reality. This page is intended to help you determine exactly what those dreams or outcomes are in each major area of your life.

Financial Goals

Get out of debt? Save money? Reach a desired income level?

- List your top 2 goals in each area:**
1. _____
 2. _____

Relationship Goals

Develop a new relationship? Improve an existing relationship? Join a group or club?

1. _____
2. _____

Fitness Goals

Reach a desired weight? Reach a desired waist or clothes size? Lower my cholesterol? Run a 10k race?

1. _____
2. _____

Career Goals

Get a new job? Learn a new skill? Earn a promotion?

1. _____
2. _____

Spiritual Goals

Join a church? Read the Bible more often? Practice regular prayer?

1. _____
2. _____

Other Goals

1. _____
2. _____

Which goal listed above is **most important** to you, or will have the **greatest impact** on your life? _____

What challenges or obstacles can you think of that you will need to deal with or overcome? _____

What resources can you utilize to help achieve this goal, and also to help overcome any obstacles? _____

Who can you rely on to help with your plan, clarifying the goal or to offer support or accountability? _____