

MY GOALS

Being crystal clear about what we want and where we're headed can make all the difference in our ability to make clear, tangible progress.

This worksheet can serve as a guide to help you clearly identify your goals so that progress can commence rapidly and be easily identifiable along the way.

GOAL 1

FOCUSING QUESTIONS

What do you want to do? _____

What do you want to feel while doing it? _____

How much do you want to do? _____

How often do you want to do it? _____

Why do you want to be able to do this? _____

GOAL STATEMENT

I want to be able to (*what*), feeling (*what*), for (*distance, duration, intensity, etc.*), (*frequency*), so that I can (*why*).

MY GOALS

GOAL 2

FOCUSING QUESTIONS

What do you want to do? _____

What do you want to feel while doing it? _____

How much do you want to do? _____

How often do you want to do it? _____

Why do you want to be able to do this? _____

GOAL STATEMENT

I want to be able to (what), feeling (what), for (distance, duration, intensity, etc.), (frequency), so that I can (why).

GOAL 3

FOCUSING QUESTIONS

What do you want to do? _____

What do you want to feel while doing it? _____

How much do you want to do? _____

How often do you want to do it? _____

Why do you want to be able to do this? _____

GOAL STATEMENT

I want to be able to (what), feeling (what), for (distance, duration, intensity, etc.), (frequency), so that I can (why).
