

GOAL SHEET:



GOAL STATEMENT: (include deadline and how you know when it's done)

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MY WHYS: (why do you want that, and why do you want that, and why do you want that....go 4 deep on Whys)

Why: _____

Why: _____

Why: _____

Why: _____

Breakdown your action steps: (each big goal has smaller steps, breakout the steps)

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

Who can I ask for ideas, guidance, accountability?
Resources, books, articles?

Quotes to inspire me: