

GOAL SETTING WORKSHEET

Long-Term Life Goal (what do you want to be known for?)

| GOAL | WHY | Jan-Mar | | Apr-June | | July-Sept | | Oct-Dec | |
|---|-----|---------|--|----------|--|-----------|--|---------|--|
| Health- Weight/ Fitness | | | | | | | | | |
| Home- Organization/ workspace | | | | | | | | | |
| Family- Spouse/ Kids/ others | | | | | | | | | |
| Writing- Creating | | | | | | | | | |
| Producing- Recording/ Publishing | | | | | | | | | |
| Speaking- concerts/ presentations | | | | | | | | | |
| Marketing- Print/ eMail/ Phone | | | | | | | | | |
| Networking- Events/ Groups | | | | | | | | | |
| Entertainment- Time off/ travel Friends | | | | | | | | | |
| Video -or other- expand business & platform | | | | | | | | | |
| Net Worth- Goal for year Debt payment | | | | | | | | | |