Goal Setting Workbook

Preview: file inventory and watermarked sample pages. Not the full product.

Files in the download

Goal-Setting-Workbook-Printable-Letter.pdf
Printable edition, US Letter portrait, 33 pages, 0.65 in margins.

Goal-Setting-Workbook-Digital-Hyperlinked.pdf
Hyperlinked digital edition, landscape 4:3 for tablets, 33 pages with side tabs and 305 internal links.

Goal-Setting-Workbook-User-Guide.pdf
How to print, how to navigate the digital edition, and tips (2 pages).

README.txt
Quick start and license summary.

Life assessment

RATE EACH AREA (1 = UNHAPPY, 5 = VERY HAPPY)

Health & fitness	1 2 3 4 5
Career / work	1 2 3 4 5
Money	1 2 3 4 5
Relationships & family	1 2 3 4 5
Friends & social life	1 2 3 4 5
Personal growth	1 2 3 4 5
Fun & recreation	1 2 3 4 5
Home & environment	1 2 3 4 5

Which two areas would make the biggest difference if they improved?

What is already going well that I want to protect?

SAMPLE

My values

TICK EVERY VALUE THAT FEELS IMPORTANT (THEN CIRCLE YOUR TOP 10)

- ☐ Adventure
- ☐ Balance
- ☐ Calm
- ☐ Community
- ☐ Courage
- ☐ Creativity
- ☐ Curiosity
- ☐ Faith
- ☐ Family
- ☐ Freedom
- ☐ Friendship
- ☐ Fun
- ☐ Generosity
- ☐ Growth
- ☐ Health
- ☐ Honesty
- ☐ Independence
- ☐ Justice
- ☐ Kindness
- ☐ Knowledge
- ☐ Leadership
- ☐ Learning
- ☐ Love
- ☐ Loyalty
- ☐ Nature
- ☐ Order
- ☐ Patience
- ☐ Peace
- ☐ Recognition
- ☐ Reliability
- ☐ Respect
- ☐ Responsibility
- ☐ Security
- ☐ Simplicity
- ☐ Service
- ☐ Spirituality
- ☐ Stability
- ☐ Success
- ☐ Tradition
- ☐ Wealth

MY TOP FIVE VALUES

How do my top five values show up in my life today?

SAMPLE

SMART goal: worked example

Worked example - read this first, then use the blank worksheets.

Goal: Run a 10K race by the end of October.

Specific: Finish a local 10K in October, running the whole distance without walking breaks.

Measurable: Track weekly distance; long run grows from 3 km now to 10 km by early October. Finish time is a bonus, not the goal.

Achievable: I can already run 3 km. Three runs a week (two 30-minute runs, one long run) fits before work and on Saturdays.

Relevant: I want more energy and a goal to train for with my friend Sam, who has run 10Ks before.

Time-bound: Register for the race by June 1. Check-ins: 5 km by end of June, 8 km by end of August, race day in late October.

Milestones: Register (Jun 1) - 5 km long run (Jun 30) - 8 km long run (Aug 31) - 10 km practice run (Oct 5) - race.

Obstacle / plan: If it rains, then I do the run on the treadmill at the gym. If I miss a week, then I repeat the previous week instead of skipping ahead.

SAMPLE

WHY THIS EXAMPLE WORKS

- It names one clear finish line (a 10K race) instead of 'get fitter'.
- Progress is measured by something tracked every week (long-run distance).
- It starts from today's reality (3 km) and fits a real schedule.
- Check-in dates turn a 6-month goal into short steps.
- If-then plans decide in advance what to do when things go wrong.

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