

# GOAL SETTING WORKSHEET

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## How to use this worksheet:

Focus on setting 2-3 goals TOTAL that you will take up to 1 year to achieve.

If you're having trouble determining your goals, brainstorm around improving an area of your life such as health & wellness, personal/hobby, and professional. Choose up to 1 goal per area based on what feels most urgent or important to you.

Use the "how" section of the worksheet for the steps you'll take to achieve each goal. These should be actionable, measurable in some way, and something than can be done weekly or even daily. Don't worry about specific deadlines. Your overall deadline is 1 year. That's enough!

### Example:

Goal: Read 2 books a month.

How:

- Create a reading list using recommendations from friends and family.
- Put 4 books on hold at the library each month.
- Go to bed 1 hour early 5 nights a week to read.
- Keep a list of the books I've read on my phone.

Review your goals and adjust your "how" steps regularly - at least once every 3 months.

## You've Got This!

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**DATE:**

**GOAL:**

**HOW:**

**GOAL:**

**HOW:**

**GOAL:**

**HOW:**