

GOAL SETTING WORKSHOP



The Goal Revelation

Goal #1	Goal #2	Goal #3



But wait... Let's look Back

... Let's look into the Future

What do you want to happen in 1 years?	What do you want to happen in 1 years?
What was your Dream when you were 20?	What do you want to happen in 5 years?
What was your Dream when you were 30?	What do you want to happen in 10 years?
Which Dreams are still relevant?	Which Dreams would still qualify as Life-Long?

GOAL #1

WHY DO YOU WANT TO ACHIEVE THIS GOAL?

SMART Goals

Specific

Measurable

Achievable

Relevant

Time-bound

What are the Road Block/ Challenges you face when pursuing your Goals?

Challenge #1

Add your Challenges here

Challenges #2

Add your Challenges here

Challenges #3

Add your Challenges here

Challenges #4

Add your Challenges here

What could be the possible solutions to these problems?

Solution #1

Add your Solutions here

Solution #2

Add your Solutions here

Solution #3

Add your Solutions here

Solution #4

Add your Solutions here

BREAKING MACRO GOALS TO MICRO GOALS

TOP 5 Actions Required

Resources Required

Skills Required

Timelines Required

Results Required

Milestone Required

1
2
3
4
5

Yearly Planner

YEAR 1 _____	YEAR 2 _____
YEAR 3 _____	YEAR 4 _____

Monthly Planner

YEAR	JAN	FEB	MAR
Q1			
Q2	APR	MAY	JUN
Q3	JUL	AUG	SEP
Q3	OCT	NOV	DEC

Weekly Planner



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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	GOALS OF THE WEEK
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TASKS THAT WILL BE DELEGATED TO WHO

NOTES

YOUR CIRCLE OF SUPPORT

Who do you need for support, in order to fulfil your goal?

Tasks	Name	Relationship	Duties	Assigned
To help with daily chores				
To help financially				
To share responsibilities				
For other support:				
For Motivational for Pep-talk				
Accountability Buddy				

**Call and Assign them
NOW!**

Announce Your Goals to:

...Your Family

...Your Friends

...Your Community

...THE WORLD!