# Goal Setting Worksheet

1. **Set your goal:** (clearly describe your desired outcome)

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| 1. **Current State**   1-5 key words that describe your situation | 1. **Action Plan**   SMART actions that will help you achieve your goal | 1. **Desired State**   1-5 words that describe your expected situation |
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| **Why do you need to achieve this goal?** | |
| 3 CONSEQUENCES  What are the negative consequences if you do not achieve this goal | 3 BENEFITS  How will your life improve after achieving this goal? |
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| **Resources I can use**  (What skills, contacts and experience do you already have that can help you achieve this goal?):  1.  2.  3. | **Development needs**  (What do you have to change/develop to succeed in achieving this goal?):  1.  2.  3. |

**FIRST STEP** (One specific thing you will do immediately to start moving towards your goal):