# 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 CONSEQUENCESWhat are the negative consequences if you do not achieve this goal | 3 BENEFITSHow 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):