

Goal Setting

This goal-setting worksheet is designed for anyone seeking positive change in their career.

Let's embark on a journey of self-discovery and transformation together, as we pave the way for achieving your dreams and unlocking your full potential!

When answering these questions, keep these three measures in mind:

- What is the minimum you can do?
- What is the maximum you can do?
- What's in the middle; what is a realistic stretch?

Big Picture:

In **10 years**, I will:

In **5 years**, I will:

In **1 year**, I will:

In **12 weeks**, I will:

Mid-Term Milestones:

In **1 month**, I will:

In **2 weeks**, I will:

In **1 week**, I will:

Short-Term Milestones:

End of week, I will:

Tomorrow, I will:

Today, I will:

Finally, what can you do **right now** to get moving on your goal?



When you're ready, I'm here to help you.

[Book a call with me!](#)