



GOAL SETTING WORKSHEET

Please provide the following information and answer the questions below.

People who write down their goals are more likely to achieve them, and they are 21% more productive than people who do not write down goals.

This goal worksheet can be the beginning of rapid growth and transformation in your life and work. This is just the beginning. Make goal setting a habit. Work with a coach to help you train yourself to be a life-long goal setter AND goal achiever.

List your top three goals:

Goal # 1:

This goal is important to me because:

Some barriers in my life that might get in my way of achieving this goal are:



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Goal # 2:

This goal is important to me because:

Some barriers in my life that might get in my way of achieving this goal are:

Goal # 3:



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This goal is important to me because:

Some barriers in my life that might get in my way of achieving this goal are:

“A goal is a dream with a deadline.” -Napoleon Hill

Dreaming is important to our creative and productive life. Without dreams, how we would move forward? Dreams help move us towards our destinies, towards our goals. This doesn't just go for us as individuals. As leaders, we need to learn to keep the dreams of our employees alive and inspire them with our own. In an organization, dreams can bring energy, passion, inspiration, and commitment.

If you have questions or want to go even further with increasing your goal realization skills or other success traits, please get in touch with us to discuss how we can help you through coaching, training and mentoring. Having an accountability coach or mentor is the best way to change.

We look forward to being your trusted partner in realizing higher growth goals.



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