

GOAL WORKSHEET

STEP 1: ACKNOWLEDGE WHERE YOU ARE

Circle your level of success:

1 (I feel overwhelmed) to 10 (I feel complete success in this area of my life).

1. Relationships: 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
2. Health: 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
3. Personal Development: 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
4. Finances: 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
5. Spiritual: 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
6. Business: 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.

STEP 2: CLEAR YOUR MIND

Do a written dump of ALL THE THINGS you wish you could improve or accomplish in each of the categories.

1. Relationships:

2. Health

3. Personal Development

4. Finance

5. Spiritual



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6. Business

For each of those categories write down the 3 most important goals (rephrase the statement and make it into general goals)

1. Relationship:

- a.
- b.
- c.

2. Health:

- a.
- b.
- c.

3. Personal Development:

- a.
- b.
- c.

4. Finances:

- a.
- b.
- c.

5. Spiritual:

- a.
- b.
- c.

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6. Business:

- a.
- b.
- c.

STEP 3: GET CLARITY

At this point you will have the 6 areas of life and 3 specific goals. Next, evaluate your current daily habits toward achieving the goals to (reprioritize goals in each category if necessary)

Relationship

1. Goals:

- a.
- b.
- c.

2. Habits:

- a.
- b.
- c.

Health

1. Goals:

- a.
- b.
- c.

2. Habits

- a.
- b.
- c.

Personal Development:

3. Goals

- a.
- b.
- c.

4. Habits

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- a.
- b.
- c.

Finances:

1. Goals
 - a.
 - b.
 - c.
2. Habits
 - a.
 - b.
 - c.

Spiritual:

1. Goals
 - a.
 - b.
 - c.
2. Habits
 - a.
 - b.
 - c.

Business:

1. Goals
 - a.
 - b.
 - c.
2. Habits
 - a.
 - b.
 - c.

Now we have a starting point where you feel like you have some clarity on your goals and habits that make them achievable.



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STEP 5: GETTING SUPPORT

Now, if we are making an effort to achieve one thing in each of these areas, we need to decide what type of support we will need to achieve these goals. Who and what do we need to put in place that will support us. Write down who / what you already have in place that moves you closer to your goal in these 4 categories:

1. Coach:
2. Mentor:
3. Friends:
4. Cheerleaders:

So far we have covered:

- Establishing a Starting Point or our **HERE**
- Getting **Clarity** on what you want to achieve
- **Prioritizing** For Balance
- Focusing on specific **Goals** by establishing supportive **Habits**
- Surrounding yourself with the **Right Team**

STEP 6: RESOURCING /DELEGATING



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