

Goal planning worksheet

Name

Target date

My goal: what do I want to achieve?

Why it matters to me

Subgoal 1

Due

☐ Small step 1

☐ Small step 2

☐ Small step 3

Subgoal 2

Due

☐ Small step 1

☐ Small step 2

☐ Small step 3

Subgoal 3

Due

☐ Small step 1

☐ Small step 2

☐ Small step 3

If it gets hard (optional)

If...

...then I will

If...

...then I will

If...

...then I will