Practical Goal Setting Worksheet

Go Big!.life

1. Start with WHY
If this went great, what would be different? Why do I care?

_____
_____
_____

2. Make it SPECIFIC
Define what 'done' looks like.

_____
_____
_____

3. Shrink it
Break into small steps, skills, routines, or tasks.

_____
_____
_____

4. Attach TIME + ENERGY
When will I work on it? What energy does it require?

_____
_____
_____

5. Track BEHAVIORS
List the behaviors that drive the outcome.

_____
_____
_____

6. Pre-negotiate with your tired future self
What might go wrong? What's my fallback plan?

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_____
_____

7. Celebrate WINS
How will I celebrate progress?

_____
_____
_____

8. Review + Adjust
Review every 2–4 weeks: What worked? What sucked? One tweak?

_____
_____
_____

Quick Template

Why I care:

_____
_____
_____

Specific goal:

_____
_____
_____

First 3 steps:

_____
_____
_____

When/where I'll do it:

_____
_____
_____

Behaviors I'll track:

_____
_____
_____

Fallback plan:

_____
_____
_____

Review date:

_____
_____
_____