

Name: _____
Date: _____



PERSONAL GOAL-GETTING WORKSHEET

Goal *getting* is a powerful and rewarding experience. So how do you go about getting your goals? Well the first step is that you have to set them! It has been proven that when you write down your plans, they have a way of becoming reality. After you complete this exercise, keep it in a safe place. Spend at least 10 minutes reviewing them each morning and night. When you make a regular habit of reviewing your goals, you'll be better able to achieve them. When you set goals, you get goals. Enjoy!

CNY MMA Health and Fitness Goals

Immediate Goals (6 months to 1 year): Accomplish By
Date: _____

What Could Get in My Way?
List some obstacles to accomplishing your goals: _____

What Actions Am I Taking to Meet My Goals?
Examples: Workout 3 to 4 times per week, quit smoking,
eat nutritious food, etc, etc

How can you overcome obstacles? _____

Who Can Help Me?
List a couple family members, friends and/or coworkers
who can help you meet your goals:

Now go ask them to help you!

While you're at it, list some other goals for yourself.

Career Goal

- get a promotion • learn a new job skill

1 Immediate Career Goal: _____ Accomplish By
Date: _____

Financial Goal

- earn a certain amount of money • set up an investment

1 Immediate Financial Goal: _____ Accomplish By
Date: _____

Community Involvement Goal

- volunteer at a shelter or a similar organization

1 Immediate Community Goal: _____ Accomplish By
Date: _____

Greater Self-Understanding Goal

- work to become less anxious, jealous or insecure
- meet new people; make new friends

1 Immediate Self-Understanding Goal: _____ Accomplish By
Date: _____

Leisure Time Goal

- plan a trip • find a new hobby

1 Immediate Leisure Goal: _____ Accomplish By
Date: _____