



GOALS

UNLOCK YOUR FULL
POTENTIAL - GOAL SETTING
WORKSHEET

INTRODUCTION

In alignment with the principles outlined in the insightful ebook "**Unlock Your Full Potential with Daily Goal Setting Strategies**". This interactive tool is intricately designed to empower individuals to effectively apply the core concepts elucidated in the book, fostering a structured approach towards goal achievement and personal growth.

This worksheet encompasses a multitude of pivotal elements such as assessing current goal setting practices, envisioning future aspirations through vision boarding, delineating SMART goals, prioritizing daily tasks, breaking down objectives into actionable steps, identifying and overcoming obstacles, nurturing a positive mindset, seeking daily inspiration, tracking progress, planning celebrations, conducting daily reflections, and setting goals for the following day.

By integrating these components into a cohesive framework, this worksheet serves as a practical guide to instill consistency, motivation, and focus in one's daily pursuit of realizing their aspirations and ambitions.

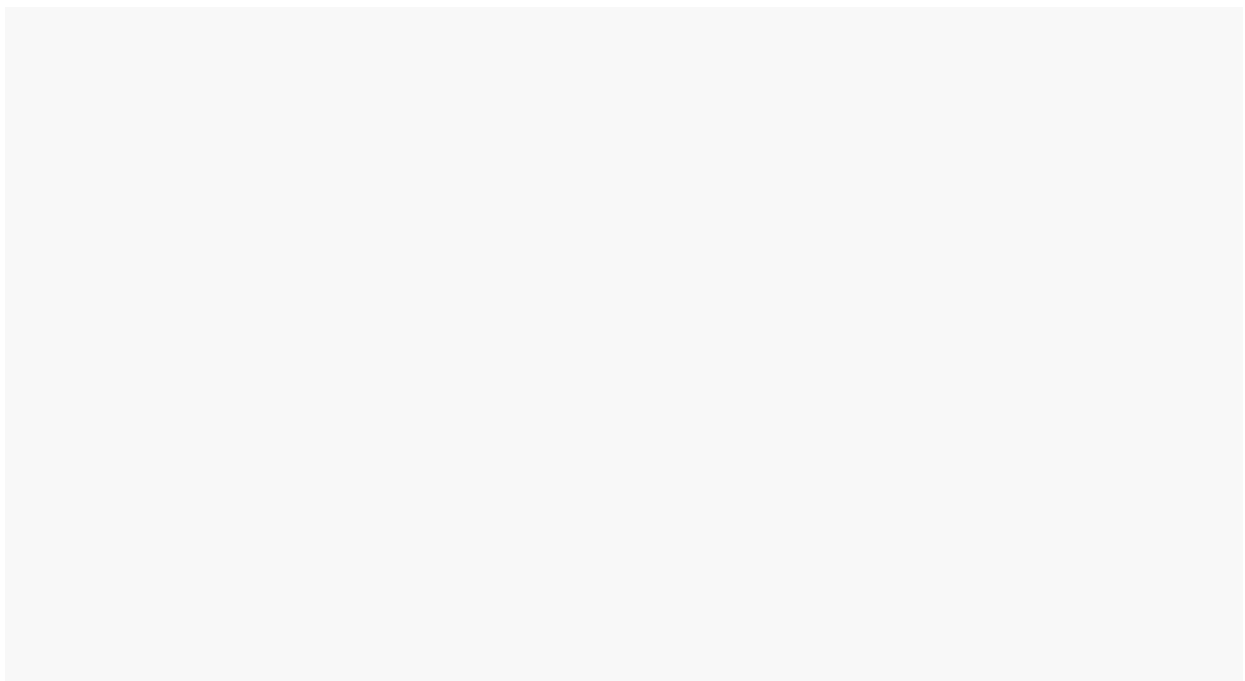
1. Current Goal Setting Assessment:

On a scale of 1-10, how satisfied are you with your current goal-setting practices?

1 2 3 4 5 6 7 8 9 10

2. Vision Board Creation:

In the space below, sketch or describe key elements of your ideal life 5 years from now:



3. Top Three Life Goals:

1. _____
2. _____
3. _____

4. SMART Goal Check:

Choose one goal from above and ensure it meets SMART criteria:

Specific: _____

Measurable: _____

Achievable: _____

Relevant: _____

Time-bound: _____

5. Daily Priorities:

List your top 3 priorities for today:

1. _____
2. _____
3. _____

6. Breaking Down Goals:

Take your SMART goal and break it into 5 smaller, actionable steps:

1. _____
2. _____
3. _____
4. _____
5. _____

7. Obstacle Identification:

List 2-3 potential obstacles to achieving your goal and strategies to overcome them:

Obstacle 1: _____ Strategy: _____

Obstacle 2: _____ Strategy: _____

Obstacle 3: _____ Strategy: _____

8. Positive Mindset Practice:

Write a self-compassionate affirmation related to achieving your goal:

9. Finding Daily Inspiration:

List three sources of inspiration in your daily life:

1. _____
2. _____
3. _____

10. Progress Tracking:

How will you track your progress towards this goal?

11. Celebration Plan:

How will you celebrate when you achieve this goal?

12. Daily Review:

At the end of the day, answer these questions:

- a. What went well today? _____
- b. What could I improve tomorrow? _____
- c. Am I still on track with my goal? If not, what adjustments can I make? _____

13. Tomorrow's Goals:

Set 3 specific goals for tomorrow:

Remember: Consistency is key in daily goal setting. Use this worksheet every day to stay focused, motivated, and on track towards achieving your dreams!

Next Steps...

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