



The following material will help you envision your dreams and chart your own course for success.



Goals Worksheet

“Don't become a wandering generality. Be a meaningful specific.”
—Zig Ziglar

“Setting goals is the best way to chart a course to exactly where you want to be—and to whom you want to be.”
—Greg Payne

How To Use This Worksheet Effectively

- Review the *seven goal areas*
- Take time to reflect on *what* you want to change or accomplish
- Write out your goals—envisioning where you want to be in the *future*, not where you are now
- Create goals with a timeframe of one year or more in mind
 - Define three steps or goals that support *each* main goal
- Once a month, *revisit* your goals and take note of the following:
 - Which goals you can celebrate accomplishments for
 - Which goals you need to adjust based on circumstances
 - Which goals require more work and focus
- At the end of the year, *review and record your accomplishments*

The Seven Areas of Focus

[Financial](#) [Physical](#) [Personal](#)
[Family](#) [Spiritual](#) [Social](#) [Career](#)



I. Financial

In setting your financial goals, you'll commit to bettering yourself by increasing your inflow of money through higher pay, obtaining more clients, making better investing decisions, and more.

You can also choose to increase your financial well being by committing to take control and ownership of your finances instead of continuing to allow your finances to dictate your behaviors and lifestyle.

What ever your goal or need, write it down and commit follow until the end.

I will meet this goal by doing the following:

- A. _____
- B. _____
- C. _____

"Before you can really start setting financial goals, you need to determine where you stand financially..." —David Bach



II. Physical

This is where you set tangible, measurable physical goals for yourself.

No generalities here—saying, “I’ll go to the gym more,” isn’t *measurable* unless it includes the number of times per week you commit to going to the gym.

I will meet this goal by doing the following:

- A. _____
- B. _____
- C. _____

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”
—John F. Kennedy



III. Personal

What have you always wanted to learn or develop?

What talents or deficiencies do you have that just need a bit more *polish*?

I will meet this goal by doing the following:

- A. _____
- B. _____
- C. _____

“If you don't know where you are going, you'll end up someplace else.”
—Yogi Berra



IV. Family

This must be specific as well—not just a general goal like “I’ll be a better son, daughter, husband, or wife.”

How are you going to be a better “X”—or what *relationships* will you work on improving this year?

I will meet this goal by doing the following:

- A. _____
- B. _____
- C. _____

“Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one.” —Jane Howard



V. Spiritual

Are you centered with yourself and your belief system?

If not (or if there are areas where you need to find spiritual balance), this is the perfect time to set goals that require you to be *honest* with yourself about your relationship with your own personal belief system.

I will meet this goal by doing the following:

- A. _____
- B. _____
- C. _____

“The Church has its problems, but the older I get, the more comfort I find there.” —Bono



VI. Social

How many new friends will you make this year? Are you going to join any clubs or groups that share your similar interests? Do you need to refine any social skills?

How are you going to *be a better friend*? Are there civic groups that could benefit from your special skills and talents?

I will meet this goal by doing the following:

- A. _____
- B. _____
- C. _____

“Wishing to be friends is quick work, but friendship is a slow ripening fruit.”
—Aristotle



VII. Career

Reflect on how you arrived at your current career situation.

Is this the career you wanted? Are you taking steps to gain the career you're passionate about? What steps do you need to take to advance your current career, or to *move to the career you really want*? Where do you want to be in five years—or even next year?

I will meet this goal by doing the following:

- A. _____
- B. _____
- C. _____

"A musician must make his music, an artist must paint, a poet must write if he is to ultimately be at peace with himself." —Abraham Maslow



Congratulations! By writing down your goals, you have now dramatically increased your chances of achieving your objectives. You are moving now from a vague image of what you want to be to a clear precise destination.

As your goals become accomplishments, take time to celebrate your achievements. Transiting from who you are to who you are going to become should be celebrated. You have worked hard to change yourself and or circumstances, so embrace your victories even the small ones.

If you need a partner to either assist you define your goals or to be accountable to as you work through your goals, please feel free to contact me for a free 30-minute session. I can be reached at greg@get2it.com or at 404-308-9487.