



Goals Worksheet:

Daily Goals: Fill in Goals for Yourself. This is a list of things you enjoy and want to do, things that make you feel better. Be careful to keep away from "Should Be's" and focus on your actual wishes.

_____	_____
_____	_____
_____	_____
_____	_____

Do you do these things during your day? If not, why? What keeps you from doing the things that you enjoy?

Weekly Goals:

_____	_____
_____	_____
_____	_____
_____	_____

Do you do these things during your week? If not, why? What keeps you from doing the things that you enjoy?

For a week watch what you spend time on. Write down how you spend your time. Try to be as accurate and honest as possible. You can use the following worksheet or your journal.

Time frame	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Early Morning							
Morning							
Mid-morning							
Noon							
After-noon							
Evening							
Night							
Late Night							

Now write down what you want your schedule to look like during a week. This is your ideal schedule, so whatever you wish your week to look like, put it down!

Time frame	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Early Morning							
Morning							
Mid-morning							
Noon							
After-noon							
Evening							
Night							
Late Night							

Long Term Goals.

Today's date: _____

A year from now, what do you hope to have accomplished. What are you working on, what are your priorities?

_____	_____
_____	_____
_____	_____

What are steps you can take right now to start working towards your goals?

_____	_____
_____	_____

Five Year Goals:

In five years, what do you want your life to look like? What do you hope to have accomplished?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What are steps you can take right now to start working towards your goals?

What do you think the potential obstacles to completing this list would be? Why do you think that they might be issues? Does this list reflect what you think is possible or does this list reflect your honest wishes for yourself?

