

7 Step Goal Achievement System

The Worksheet



Step 1: Choose Your Goal

Make a List of Your Goals

1.	14.
2.	15.
3.	16.
4.	17.
5.	18.
6.	19.
7.	20.
8.	21.
9.	22.
10.	23.
11.	24.
12.	25.
13.	26.

Rank Your Goals: Top 5

1.
2.
3.
4.
5.

My Goal Is:

Step 2: Make it SMART

- ✓ Specific _____
- ✓ Measurable _____
- ✓ Achievable _____
- ✓ Relevant _____
- ✓ Timely _____

Step 3: Write it Down

My Goal Is:

Step 4: Create Action Steps

- Action Step 1:
- Action Step 2:
- Action Step 3:

Step 5: Create Affirmations

- Main Affirmation:
- Action Step 1 Affirmation:
- Action Step 2 Affirmation:
- Action Step 3 Affirmation:

Step 6: Visualize Your Success

My Visualization Looks Like:

Step 7: Use a Tracking Sheet

- ✓ Completed: Yes/No?