**7 Step Goal Achievement System**

***The Worksheet***

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| 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. |

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| Rank Your Goals: Top 5 |  |
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |

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| My Goal Is: |  |

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| Step 2: Make it SMART |

* **S**pecific \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **M**easurable \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **A**chievable \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **R**elevant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **T**imely \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Step 3: Write it Down  My Goal Is: |

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| Step 4: Create Action Steps |

* Action Step 1:
* Action Step 2:
* Action Step 3:

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| Step 5: Create Affirmations |

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

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| Step 6: Visualize Your Success  My Visualization Looks Like: |
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| Step 7: Use a Tracking Sheet |

* Completed: Yes/No?