**7 Step Goal Achievement System**

***The Worksheet***

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| Step 1: Choose Your GoalMake 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.  |

|  |  |
| --- | --- |
| 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 DownMy 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 SuccessMy Visualization Looks Like: |
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| Step 7: Use a Tracking Sheet  |

* Completed: Yes/No?