

Goal Setting Worksheet

How to use the worksheet

This goal setting worksheet is broken down into the 8 core areas for living a balanced life. Each page on this worksheet is specific to one of the 8 areas of life.

At the bottom of each page is a checklist to work through. Check off each of the tasks as you complete them.

Start by filling in your rating for the specific area of life with a rating from 1 – 10. Remember not to be too harsh and consider how your inner critic may be magnifying your judgment. This rating is based on how happy you are in this area of your life at the time of completing the worksheet.

Once you have rated yourself, fill in your top 3 goals in the specific area of life and also why each of these goals are important to you. **Remember the bigger the why, the easier the how.**

Aim to apply the SMART goal setting framework to the 3 goals in each area of life to improve your chances of succeeding with the goals.

Finally, have fun with the process!

HEALTH	
1	
Goal	
Why	
2	
Goal	
Why	
3	
Goal	
Why	

Area of Life Checklist - Health	Your Rating
<p>Your rating 1 to 10</p> <p>Set 3 Health related goals</p> <p>Determine why these goals are important</p> <p>Apply the SMART framework to all goals</p>	

PERSONAL GROWTH	
1	
Goal	
Why	
2	
Goal	
Why	
3	
Goal	
Why	

Area of Life Checklist – Personal Growth	Your Rating
<p>Your rating 1 to 10</p> <p>Set 3 Personal Growth related goals</p> <p>Determine why these goals are important</p> <p>Apply the SMART framework to all goals</p>	

BUSINESS / CAREER	
1	
Goal	
Why	
2	
Goal	
Why	
3	
Goal	
Why	

Area of Life Checklist – Business / Career	Your Rating
<p>Your rating 1 to 10</p> <p>Set 3 Business / Career related goals</p> <p>Determine why these goals are important</p> <p>Apply the SMART framework to all goals</p>	

FINANCIAL	
1	
Goal	
Why	
2	
Goal	
Why	
3	
Goal	
Why	

Area of Life Checklist - Financial
<p>Your rating 1 to 10</p> <p>Set 3 Financial related goals</p> <p>Determine why these goals are important</p> <p>Apply the SMART framework to all goals</p>

Your Rating

CONTRIBUTION	
1	
Goal	
Why	
2	
Goal	
Why	
3	
Goal	
Why	

Area of Life Checklist - Contribution	Your Rating
<p>Your rating 1 to 10</p> <p>Set 3 Contribution related goals</p> <p>Determine why these goals are important</p> <p>Apply the SMART framework to all goals</p>	

FREE TIME	
1	
Goal	
Why	
2	
Goal	
Why	
3	
Goal	
Why	

Area of Life Checklist – Free Time	Your Rating
<p>Your rating 1 to 10</p> <p>Set 3 Free Time related goals</p> <p>Determine why these goals are important</p> <p>Apply the SMART framework to all goals</p>	

RELATIONSHIPS	
1	
Goal	
Why	
2	
Goal	
Why	
3	
Goal	
Why	

Area of Life Checklist - Relationships	Your Rating
<p>Your rating 1 to 10</p> <p>Set 3 Relationships related goals</p> <p>Determine why these goals are important</p> <p>Apply the SMART framework to all goals</p>	

SPIRITUAL	
1	
Goal	
Why	
2	
Goal	
Why	
3	
Goal	
Why	

Area of Life Checklist - Spiritual	Your Rating
<p>Your rating 1 to 10</p> <p>Set 3 Spiritual related goals</p> <p>Determine why these goals are important</p> <p>Apply the SMART framework to all goals</p>	