

GOAL PLANNING SHEET

Today's Date:

Target Date for Completion:

Date Achieved:

Write your goal as though it has been achieved. Include details and how you will know when it is done. *Eg. It's 30 March 2018 and I'm having a party tonight in my new house. It's great for entertaining, in Sydney's inner west, easy to park and has an open kitchen that leads out to the backyard. I'm so proud of myself for saving the deposit of \$80k over the last 5 years and feel comfortable with the repayments, it's now so worth it.*

How does my goal rate on inspiration? Rate each element out of 10.

- [] **I**.nteresting – does it inspire you, take your interest?
- [] **N**.ew – is it new? Something you haven't done before?
- [] **S**.pecific – is it written in enough detail, you know when to start, stop, celebrate?
- [] **P**.roductive – Will it get you somewhere?
- [] **I**. can do it – On a scale of 1(not attainable)-10(attainable), how believable or attainable is it?
- [] **R**.ewarding – Will others benefit?
- [] **E**.xpansive – Will it challenge you? Take you to a new place?

TOTAL _____ / 70 (reconsider your goal until it rates above 80% on the inspiration scale)

What benefits are there in achieving this goal?

What could I lose by not pursuing it?

Possible obstacles that may arise:

Actions to overcome these obstacles:

Which of my values does this goal align with?

What type of attitude and character traits do I need to strengthen to achieve it?

Helpful beliefs to hold to support achieving the goal:

Accountability: (who am I going to tell, who can help me / how can I ensure I stay on track)

Ways I can measure my progress:

Is it worth my time, effort and resources?

Yes [] No []

When will I start working towards it?

Date:

ACTION PLAN: Specific steps to achieve this goal

Priority:

Comments:

- _____
- _____
- _____
- _____
- _____