

Goal Setting Chart

Save time, avoid pitfalls and gain clarity and confidence in setting and achieving your goals

Instructions: **1.** Set detailed goals **2.** Write emotionally linked reasons why you want to achieve goals **3.** List how and what the plan is **4.** What are you measuring progress with and when **5.** Check box when completed

1. Goals and Targets	2. Why	3. How to	4. Measuring progress	5. Completed