



PLAN FOR SUCCESS



Goal Setting

To create your
most fabulous life

THE WORKBOOK

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Goals & WHYs

What do you want to accomplish today, this week, this month, this year, or 10 years from now? It's time to write your goals down. Take your time to really think about what it is you want and be specific. Explore the possibilities and don't limit yourself.

Goals	WHYs
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____
8. _____	8. _____
9. _____	9. _____
10. _____	10. _____

Go back through your goals and WHY's. Cross of those that don't make the cut. Out of the ones that did make the cut, which do you chose as your next 12-month goals?

What is your ultimate lifestyle goal?

My Ultimate lifestyle goal is _____

List your final 12-month goals.

Goals	WHYs
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____
8. _____	8. _____
9. _____	9. _____
10. _____	10. _____



SMART Goals

You have your goals and your WHYs but are they SMART? Let's find out. As you go through each of your 12-month goals you've decided to focus on, you will want to rewrite them to make them SMART.

Goal #1 _____

- | | | |
|---------------------------|---------------------------|--------------------------|
| Is it Specific? | <input type="radio"/> Yes | <input type="radio"/> No |
| Is it Measureable? | <input type="radio"/> Yes | <input type="radio"/> No |
| Is it Attainable? | <input type="radio"/> Yes | <input type="radio"/> No |
| Is it Realistic/Relevant? | <input type="radio"/> Yes | <input type="radio"/> No |
| Timely? | <input type="radio"/> Yes | <input type="radio"/> No |

Rewritten goal to meet SMART guidelines _____

Goal #2 _____

Is it Specific? Yes No

Is it Measureable? Yes No

Is it Attainable? Yes No

Is it Realistic/Relevant? Yes No

Timely? Yes No

Rewritten goal to meet SMART guidelines _____

Goal #3 _____

Is it Specific? Yes No

Is it Measureable? Yes No

Is it Attainable? Yes No

Is it Realistic/Relevant? Yes No

Timely? Yes No

Rewritten goal to meet SMART guidelines _____

Goal #4 _____

Is it Specific? Yes No

Is it Measureable? Yes No

Is it Attainable? Yes No

Is it Realistic/Relevant? Yes No

Timely? Yes No

Rewritten goal to meet SMART guidelines _____

Goal #5 _____

Is it Specific? Yes No

Is it Measureable? Yes No

Is it Attainable? Yes No

Is it Realistic/Relevant? Yes No

Timely? Yes No

Rewritten goal to meet SMART guidelines _____

Goal #6 _____

Is it Specific? Yes No

Is it Measureable? Yes No

Is it Attainable? Yes No

Is it Realistic/Relevant? Yes No

Timely? Yes No

Rewritten goal to meet SMART guidelines _____

Goal #7 _____

Is it Specific? Yes No

Is it Measureable? Yes No

Is it Attainable? Yes No

Is it Realistic/Relevant? Yes No

Timely? Yes No

Rewritten goal to meet SMART guidelines _____

Goal #8 _____

Is it Specific? Yes No

Is it Measureable? Yes No

Is it Attainable? Yes No

Is it Realistic/Relevant? Yes No

Timely? Yes No

Rewritten goal to meet SMART guidelines _____

Goal #9 _____

Is it Specific? Yes No

Is it Measureable? Yes No

Is it Attainable? Yes No

Is it Realistic/Relevant? Yes No

Timely? Yes No

Rewritten goal to meet SMART guidelines _____

Goal #10 _____

Is it Specific? Yes No

Is it Measureable? Yes No

Is it Attainable? Yes No

Is it Realistic/Relevant? Yes No

Timely? Yes No

Rewritten goal to meet SMART guidelines _____

Now that you have your goals what are some fun rewards to motivate yourself?

1. _____

2. _____

3. _____

4. _____

5. _____



Short Term and Long Term Goals

Short-Term Goals to complete within 1 – 12 months.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Long-Term Goals to complete 1 – 5 years.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Goal Break Down

Write your Ultimate Lifestyle Goal

here _____

How can you break that goal down into manageable pieces?

Month 1 _____

Month 2 _____

Month 3 _____

Month 4 _____

Month 5 _____

Month 6 _____

Month 7 _____

Month 8 _____

Month 9 _____

Month 10 _____

Month 11 _____

Month 12 _____

What are your Hows to achieve these monthly goals?

Month 1 _____

Month 2 _____

Month 3 _____

Month 4 _____

Month 5 _____

Month 6 _____

Month 7 _____

Month 8 _____

Month 9 _____

Month 10 _____

Month 11 _____

Month 12 _____

What do you need to make this happen? _____

What are potential obstacles? How can you overcome them?



Your Ideal Week

Sunday:

1. _____
2. _____
3. _____
4. _____
5. _____

Monday:

1. _____
2. _____
3. _____
4. _____
5. _____

Tuesday:

1. _____
2. _____
3. _____
4. _____
5. _____

Wednesday:

1. _____
2. _____
3. _____
4. _____
5. _____

Thursday:

1. _____
2. _____
3. _____
4. _____
5. _____

Friday:

1. _____
2. _____
3. _____
4. _____
5. _____

Saturday:

1. _____
2. _____
3. _____
4. _____
5. _____



Marketing Ideas

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Review and Readjust

You must take the time to meet with yourself weekly and make sure you're progressing the way you want. Look at what's working and what's not working and make adjustments accordingly.

Date _____

Weekly Goal _____

Weekly Actual _____

What I did well:

What needs improvement:

Date _____

Weekly Goal _____

Weekly Actual _____

What I did well:

What needs improvement:

Date _____

Weekly Goal _____

Weekly Actual _____

What I did well:

What needs improvement:

Date _____

Weekly Goal _____

Weekly Actual _____

What I did well:

What needs improvement:

Reward Ideas:

List your WINS for the week and CELEBRATE!!!!!!



List of Resources

[Resource Center](#)

[Discussion Forums](#)

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