

goalsworksheet stepbystep



Divide your vision, goal and milestones into manageable parts, with separate plans and tasks for each milestone.

Vision – vividly detail your overall aim or desire. Describe what you see in your mind when you visualize the outcome of your goal.

Goal – specifically detail the outcome you desire. Check that it's specific, measurable, achievable, realistic and time bound.

Milestones – identify significant milestones that mark an important stage in your progress toward your desired outcome.

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_____	_____
_____	_____

Plan per milestone – identify the key steps required to arrive at the **first** or **next** milestone.

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_____	_____

