

# Goal Setting Worksheet

- 1) **Write one long-term goal. It must be conceivable, believable, achievable, controllable, measurable, desirable, stated with no alternative and growth-facilitating.**

My Long term goal is to:

- 2) **Write three to five steps necessary to achieve this goal. (Action Plan)**

A)

B)

C)

D)

E)

- 3) **Write three plans to overcome traps that might prevent you from reaching your goal.**

A)

B)

C)

4) **List two emotional factors that might occur along the way to reaching your goal. EX) Other people interfering with your plan.**

A)

B)

**List two methods of dealing with the emotional factors so that you can remain in control of your goals.**

A)

B)

5) **List one method of self-encouragement to keep you on track and to reach your goal.**

A)

## **Do this Morning and Night, Every Day.**

- 1) **Close your eyes and visualize achieving your personal goals and success you want.**
- 2) **Visualize yourself practicing and wrestling your perfect match.**
- 3) **Believe that you are improving in all things that you want to do.**
- 4) **Say to yourself, "I will give my best efforts each day to be the best I can be, and to achieve my goals."**