

Goals Matter! Planning Sheet

Goal: (specific, measurable, achievable, realistic and track able)

Measures to success:

Term of Goal: _____ Short-Term (within 1 year) _____ Med.-Term (within 3 years)
_____ Long-Term (Over 3 Years)

Life Area (circle one): Spiritual– Relational – Physical– Social - Financial– Mental - Professional

Begin Date: _____ Target Completion Date: _____

Actual Completion Date: _____

Possible opportunities for success: (What will you get from accomplishing this goal?)

Barriers to success: (Things that can prohibit you from achieving this goal.)

Specific Action Steps for Achieving this Goal	Begin date	Target Date	Completed date
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

What resources, skills and/or people do I need to accomplish this goal?

Scriptures / Affirmations to support this goal.

Is this goal worth it to me? (Circle)	Yes	No
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Is this goal in line with my values? (Circle)	Yes	No
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