Goal Setting Preparation



Before you start setting goals, it is important to set the groundwork for success. Answering the questions in this worksheet will ensure you're choosing the right goal, for the right reason and have a plan to reach it.

**What goal are you considering setting?**

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**Why do you want to reach this goal?**

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**Are you choosing this goal because YOU want it or because it will make SOMEONE ELSE happy?**

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**How will reaching this goal help you now?**

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**How will reaching it help you in the future?**

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**What will make working on this goal more exciting for you? (Ex: having a friend join you, a new outfit, a new training program, etc.)**

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**What will help you stay motivated? (Ex: small milestone rewards, visually seeing your results, etc.)**

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**Which emotions will help keep you motivated? (Ex: worry about not reaching the goal, excitement about reaching a milestone, etc.)**

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**What obstacles might get in your way of success?**

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**How you plan to overcome these obstacles.**

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**People you can call on when you're feeling less motivated.**

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**Visualize reaching a milestone on your journey to your goal. What do you see? How do you feel?**

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**Now visualize reaching the goal. Again, what do you see, feel, think? How will others react to you reaching this goal?**

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**List visuals you can use to help keep you motivated.**

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**What will you tell yourself when you're feeling frustrated or unmotivated? What will you do?**

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**What reward will you give yourself when you reach a milestone?**

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**What reward will you get when you reach your goal?**

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**Make a list of things that motivate you. These can be words, phrases, images, music, etc. …whatever makes you feel inspired and motivated to keep going. Refer to this list often or create a vision board with this list so you can refer to it as often as necessary.**

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