

GOAL SETTING WORKSHEET

Step #1: Set Your Goal: Write down a goal that you deeply desire to achieve...

My Goal: _____

Step #2: The Obstacles: Write down obstacles/conflicts that you feel prevents you from achieving this Goal...

Obstacles:

Step #3: Release the Obstacles: Through your preference of releasing, when you release, cross out your obstacles as you complete each one.

Step #4: Meditate on your Goal: See yourself at your goal and remind yourself to be aware of opportunities that appear.

Step #5: Observe your daily life: Keep track of yourself daily in your notebook and be aware of opportunities that arise that bring your goal to you. The more you release your obstacles, the quicker you will reach your goal.