

Part 1: Vision and Values Assessment

Your Core Values

List 3-5 core values that guide your decisions and actions:

1. _____
2. _____
3. _____
4. _____
5. _____

Vision Statement

Where do you want to be...

- 1 year: _____
- 3 years: _____
- 5 years: _____

What does your ideal life look like? (Consider career, relationships, health, personal growth, etc.)

Part 2: SMART Goal Planning

Goal Category: _____

Specific: What exactly do you want to accomplish?

Measurable: How will you track progress and measure success?

Achievable What resources, skills, or support do you need?

Relevant: Why is this goal important to you? How does it align with your values?

Time-bound By when do you want to achieve this goal?

Action Steps

Break down your goal into smaller milestones:

1. Milestone: _____ Due date: _____
 - Action step: _____
 - Action step: _____
 - Action step: _____
2. Milestone: _____ Due date: _____
 - Action step: _____
 - Action step: _____
 - Action step: _____
3. Milestone: _____ Due date: _____
 - Action step: _____
 - Action step: _____
 - Action step: _____

Part 3: Potential Obstacles and Solutions

Obstacle Planning

List potential obstacles and strategies to overcome them:

1. Obstacle: _____
Solution: _____
2. Obstacle: _____
Solution: _____
3. Obstacle: _____
Solution: _____

Part 4: Support System

Who can support you in achieving this goal?

- Person/Resource 1: _____ Role: _____
- Person/Resource 2: _____ Role: _____
- Person/Resource 3: _____ Role: _____

Part 5: Progress Tracking

Weekly Check-in

Date: _____

What progress did you make this week?

What worked well?

What challenges did you face?

Adjustments needed:

Monthly Review

Date: _____

Progress toward milestones:

- Milestone 1: Not Started In Progress Completed
- Milestone 2: Not Started In Progress Completed
- Milestone 3: Not Started In Progress Completed

Lessons learned:

Plan adjustments:

Part 6: Celebration and Reflection

When you achieve your goal, how will you celebrate?

What did you learn about yourself through this process?

How will you build on this success?
