

Operation Goddess

MY MAIN GOAL RIGHT NOW

Name:

Date:

Without goals you lack focus and direction. Goal setting not only allows you to take control of your life's direction; it also provides you a benchmark for determining whether you are actually succeeding. This worksheet enables you to focus on your main goal for right now.

MY NO.1 GOAL IS

TARGET DATE

I will know I have reached my goal because.....

This goal is important
to me because....

The benefits of me achieving this
goal are....

The sacrifices I will have to make include...



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If I filped these sacrifices into "choices" they would look like this...

My key strengths that will help me achieve this goal are.....

Obstacles or blocks that may arise are....

I can respond to this issue positively by.....



The new skills or knowledge I need to help me achieve this goal are....

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The bad habits or negative behaviour patterns that may let me down include...

To achieve this goal I would like help and support from.....

All the steps I need to take to achieve this goal include....

The first 3 steps I choose to take are....



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The action I choose to take in the next 24 hours to get this goal happening is....

I will get involved with the Operation Goddess community group because...

I am THIS committed to reaching this goal no matter what?

Not at all

Sort of

Moderately

Significantly

Definitely

To celebrate and reward myself when I achieve my goal I will....

