

EFFECTIVE GOAL-SETTING

a worksheet for busy women

Question 1: What in my current life bothers me most?

- What irritates me daily?
- What bothers me deeply?
- Is it something I can control or influence?
- What can I do about it?

Goal 1:

Question 2: What do I dream of pursuing someday?

- What am I putting off until a more “convenient” time?
- What do I hope to do when the kids are grown/our finances are stable/etc.?
- What would I do if I had unlimited resources?
- What do I dream about as a “for fun” idea?

Goal 2:

Question 3: What can I do to simplify and de-stress my life in a practical/logistical way?

- What practical area in my life needs organization?
- What logistical part of life is always stressful?
- What can I cut out?
- What do I dread doing?

Goal 3:

“For the little things that are good ripen into the big things that are good. And the little things that are bad ripen into big things that are bad.”

“...good decisions must be followed through with action. Without action, a good decision becomes meaningless, for the desire itself can die through lack of an attempt to achieve its fulfillment. That's why you should act immediately on a good idea.”

-William Clement Stone

Worksheet provided by www.SisterWisdom.com. Feel free to pass it on.