

G.O.A.L.S. ONE SHEET

MY GOAL: _____

GOAL STATEMENT: (What do you stand to gain by attaining your goal?)

By hitting my goal of _____, I will be able to _____, so that I can _____.

MY MAIN OBSTACLE: _____

THE CONSEQUENCE: (What will you miss out on if you get distracted from your goal?)

MENTAL ACTION STEPS:

PHYSICAL ACTION STEPS:

S1:	S1:
S2:	S2:
S3:	S3:

MY PARTNERS (LEVERAGE):

1. _____ 2. _____ 3. _____

SSTART: _____ **END:** _____ (Pick your start and end dates)

MY PROMISE:

I promise to dedicate myself to the great JOY that comes from embarking on this JOURNEY and ATTAINING my goal!

X _____