



NOTHING
WORTH
HAVING
COMES EASY

HOPE'S +
DREAMS



SETTING ATTAINABLE GOALS
WORKSHEET

SETTING ATTAINABLE GOALS WORKSHEET

WRITE DOWN YOUR BIG (SCARY) GOAL

This is your overall goal in life, the dream where you want your business to help you get to. It should make you feel a little bit nervous to write it down.

WRITE DOWN 5-9 GOALS FOR THE NEXT 12 MONTHS

Make sure these smaller goals align with your big goal. With each one, ask yourself these questions:

WILL ACHIEVING THIS GOAL GET ME CLOSER TO MY BIG GOAL?

DOES THIS GOAL ALIGN WITH MY TRUE VALUES?

1	
2	
3	
4	
5	
6	
7	
8	
9	

NEXT Print out as many copies of the next page as you have goals. On each page, break each goal down to actions. For example, if your goal is to launch a website, your actions could include: write copy, curate a portfolio, choose final colours, plan navigation route etc. etc.

At every stage see if you can break an action down into even smaller actions.

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GOAL ACTION STEPS

A large rectangular area with a light gray background, bordered by a dotted red line. Inside, there are 20 horizontal dotted teal lines, creating a series of rows for writing action steps.

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SET YOUR GOALS INTO MOTION

Once you've finished writing down your goals and the action steps they require, take out your journal or Google calendar.

First, decide on a completion date for each of your goals and write them down. (No more than one goal per month). Then, add all the action items to the weeks and days prior to that date. Even if they seem simple, don't be tempted to add more than one per day.

At the end of this exercise you should have a clear action plan for the next 12 months. Start each morning by completing the action you have allocated for that day. Do it first before you move on to the day-to-day tasks of running a business.

Day by day, you will start feeling like you're actually working towards achieving the things you want to be achieving, instead of getting overwhelmed by all the things you vaguely know you should be doing in order to move forward, while you spend your time in a never-ending cycle of 'running a business' type of tasks. You know, the ones that make you feel you're always busy, without actually making any progress.

I hope this exercise might help you if you're currently feeling a little lost.

GOOD LUCK!

**READ THE WHOLE BLOG POST AT:
[HTTP://HERLOVELYHEART.COM/LOSER](http://herlovelyheart.com/loser)**



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