

Goals Workbook

Let's get SPORTY!

Specific, clear and to the point

Positive, endorse wisdom and growth

Observable, achievable, actionable, sustainable and measurable

Realistic and relevant

Timely and timed

You first, make a difference to your life, consistent with your values

1. Start with your Vision – What is my Vision? What do I want to achieve?

2. How do I plan on accomplishing this? What is it going to take?

3. Why do I want to accomplish this? What impact will it have on my life?

4. Get SPORTY for each part of the plan – break it down into workable steps

- Step 1 - _____
- Step 2 - _____
- Step 3 - _____
- Step 4 - _____
- Step 5 - _____
- Step 6 - _____
- Step 7 - _____
- Step 8 - _____
- Step 9 - _____
- Step 10 - _____

5. How am I going to accomplish each step?

- S - _____
- P - _____
- O - _____
- R - _____
- T - _____
- Y - _____

- S - _____
- P - _____
- O - _____
- R - _____
- T - _____
- Y - _____

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6. What are some of the hurdles that I could face?

7. How can I overcome them?

8. Schedule the next review

- a. Regularly check how far I have come
- b. Is my vision still relevant to where I am in my life
- c. Are my goals relevant to where I am at this point of my life? If not, adjust them
- d. Have I achieved any of my goals? If yes, that is awesome and well done. On to the next one. If I haven't, be kind to myself. What was the cause? How can I overcome it? Try again. Remember any movement forward is progress
- e. If I forget why I started or lose momentum, look at my WHY (3.)
