

Leadership Program – Goal Worksheet

“A goal without a plan is just a wish.”

Antoine de Saint-Exupery (1900 - 1944)

Long Term Goals: (6 months – 1 year or more)

1) _____

2) _____

3) _____

60 Day Goals (You should hit these goals!)

Physical Goal: _____

Mental Goal: _____

Compassion Goal: _____

Short Term Goals:

(These are daily and weekly tasks that will help you hit your 60 Day Goals)

Physical Goal: _____

Mental Goal: _____

Compassion Goal: _____

“The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work.”

Oprah Winfrey

SMART GOALS:

Specific - Know exactly what you are going to accomplish

Measurable - Know what you can do now, and what you will do later.

Attainable - Be sure that you can reach this goal

Realistic - Don't set a goal that you can not see come true

Timely - Set a deadline to your goal