

Goal Planning

This worksheet will help you clearly identify your goals, the attainable steps that need to occur for you to achieve them and any obstacles that stand in your way. Having a well-thought-out plan to bring your goals to fruition will increase your hope and enable you to better deal with difficult situations, stressful moments and serious illnesses.

Look at our example below, then fill your own planning worksheet out with as many goals as you'd like. Put it somewhere where you'll regularly see it, like your nightstand, to make sure you're staying on the right track to achieve your goals.

Think of a goal you want to achieve. Something big that you've wanted for a while, like getting a promotion, buying a house, etc.

Goal
Buy a car

Now list a few activities that need to happen to make it happen.

Activities		
Determine what I can afford	Find a car I like	Find the right dealer

Next, let's think about the smaller, attainable steps you have to achieve for each of the activities you listed.

Steps		
Build a budget	Decide if I want new or used	Ask family and friends for recommendations
Research loan options	Research safety ratings, features, etc.	Look up online reviews for local dealers

After you've filled these in, look at each step. Does one have an obstacle in the way? Something holding you back from doing it? Take a moment to think about why you feel that way.

Once you've identified why the obstacle is in your way, jot down how you'll overcome it. It might be something simple, like thinking more positive thoughts about your steps.

Now you've got everything you need to increase your hope and accomplish your goals!

Print and fill out the sheet below for as many goals as you'd like, and check it often to make sure you're staying on track.

Goal		

Activities		

Steps		

Obstacles: _____

How you will overcome them: _____

Goal		

Activities		

Steps		

Obstacles: _____

How you will overcome them: _____
