

THE BEST YEAR EVER

Your guide to setting
intentional goals to have
the best year ever

Week Three

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goal setting worksheet

Q1

GOAL #1

ACTION STEPS:

1:

2:

3:

4:

GOAL #1

ACTION STEPS:

1:

2:

3:

4:

GOAL #1

ACTION STEPS:

1:

2:

3:

4:

goal setting worksheet

Q2

GOAL #1

ACTION STEPS:

1:

2:

3:

4:

GOAL #1

ACTION STEPS:

1:

2:

3:

4:

GOAL #1

ACTION STEPS:

1:

2:

3:

4:

goal setting worksheet

Q3

GOAL #1

ACTION STEPS:

1:

2:

3:

4:

GOAL #1

ACTION STEPS:

1:

2:

3:

4:

GOAL #1

ACTION STEPS:

1:

2:

3:

4:

goal setting worksheet

Q4

GOAL #1

ACTION STEPS:

1:

2:

3:

4:

GOAL #1

ACTION STEPS:

1:

2:

3:

4:

GOAL #1

ACTION STEPS:

1:

2:

3:

4:

Connecting to your why



INSTRUCTIONS: Keep digging into your why. Ask yourself 5 times over for each big goal you want to achieve.

WHAT IS YOUR GOAL?

WHY DO YOU WANT TO ACHIEVE THIS GOAL?

OKAY, WHY?

OKAY, WHY?

Connecting to your why



OKAY, WHY?

A light purple rectangular box, intended for the user to write their response to the prompt 'OKAY, WHY?'. It is a solid, uniform color with no text or other markings inside.

OKAY, WHY?

A light purple rectangular box, identical to the one above, intended for the user to write their response to the prompt 'OKAY, WHY?'. It is a solid, uniform color with no text or other markings inside.

NOW THAT YOU HAVE DONE THE WORK TO DIG INTO
YOUR WHY, YOU SHOULD FEEL CONNECTED TO YOUR GOALS.

THIS WILL HELP YOU GET THROUGH THE HARD TIMES
AND GIVE YOU MOMENTUM WHEN YOU ARE
STRUGGLING TO FIND MOTIVATION.