



GOAL SETTING ACTION SHEET

Today's Date:	Target Date for Completion:	Date Achieved:
Goal (write your goal as though it has been achieved, include how you will know when it is done)		
<p>How does my goal rate on inspiration? Rate each element out of 10.</p> <p>[] I.nteresting – does it inspire you, take your interest?</p> <p>[] N.ew – is it new? Something you haven't done before?</p> <p>[] S.pecific – is it written in enough detail, you know when to start, stop, celebrate?</p> <p>[] P.roductive – Will it get you somewhere?</p> <p>[] I. can do it – On a scale of 1(not attainable)-10(attainable), how believable or attainable is it?</p> <p>[] R.ewarding – Will others benefit?</p> <p>[] E.xpansive – Will it challenge you? Take you to a new place?</p> <p>TOTAL _____ / 70 (reconsider your goal until it rates above 80% on the inspiration scale)</p>		
What benefits are there in achieving this goal?	What could I lose by not pursuing it?	
Possible obstacles that may arise:	Actions to overcome these obstacles:	
Does this goal align with my guiding principles? Is it worth my time, effort and resources? Yes [] When will I start working towards it?	Yes [] No [] No [] Date:	
Helpful beliefs to hold to support achieving the goal:	Accountability: (who am I going to tell, who can help me / how can I ensure I stay on track) Ways I can measure my progress:	
ACTIVITY PLAN: Specific steps to achieve this goal	Order:	Target date:
Completed:		
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The 10thousandgirl Campaign

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