GOAL PUSH WORKSHEET

Feel stuck? Use the space on this worksheet to think, review, plan, focus, and push forward into your specific goal/s.

OUTCOME FOCUS

Ask yourself, what is it that I really want?

_____

What is the specific result that I am looking for?

_____

How will I know when I am unstuck?

_____

_____

OPTIONS TO TRY

Review

What have I done so far?

What worked and what did not?

What skills and talents do I have that can push me forward?

Educate

What research/reading/wehre can I look to find a new step to take?

_____

What would someone who inspires me do in this situation?

_____

Evaluate

What do I need to do first before anything else?

_____

What areas of my goal do I find limiting and how can I overcome that?

_____

What advice would I give to others in my situation?

_____

Delegate

Who else can I ask for help in achieving my goal?

_____

What tasks can I give to others who are willing to help?

_____

Motivate

What can I do "outside the box"?

What task am I avoiding?

GOAL PUSH WORKSHEET (CONTINUED)

Feel stuck? Use the space on this worksheet to think, review, plan, focus, and push forward into your specific goal/s.

ACTION

What step toward my goal is the easiest to take right now?

_____

What new ideas and options stand out as the most fun and exciting?

_____

How can I make my daily/weekly tasks more enjoyable?

_____

COMMITMENT

Create a list of 3-5 action steps that I am committed to take

_____

_____

_____

_____

_____

TIMELINE

Set a measurable time table for your action steps.

Example: I will take (blank) action and have it completed by (blank) day.

_____

_____

_____

MEASUREMENT AND REWARD

How will you know that your goal is completed?

_____

_____

What reward will you honor yourself with once your action is completed?

_____

_____

Goals are here to be inspiring, not deflating! If you fall short of your goal this time, print a new sheet and get started again.