



Goal-Setting Worksheet

To get what you want, you need to know what that is!

Determine Your Mission

- Who are you (personal characteristics)? What defines you? What is your expertise?
- What do you want (think big picture)? Why?
- Who you are + what you want + how you help = Your Mission Statement

Your Mission Statement

Your Motto

Explore Your Options

- Set Appointments for Directed Journaling
- Look for Common Themes
- Research Possibilities

Brainstorm Your Path

- Brainstorm All Goals
- Prioritize
- Set Short- and Long-Term Goals, Personal and Professional

Goals should be attainable, large objectives made up of smaller benchmarks.

	Personal Goals	Professional Goals
Short Term		
Long Term		

Debra Eckerling is the author of *Your Goal Guide: A Roadmap for Setting, Planning and Achieving Your Goals*. She works with individuals and businesses to strategize, set goals, and make new plans.

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