

Name: _____

Company: _____

Date: _____



Goal Achieving Worksheet

	Work/Career	Family	Fitness	Spiritual	Personal
Consistency Goal: (You can achieve if you keep showing up)					
Stretch Goal: (You cannot achieve today but can later with hard work)					

Reflection Questions:

Do these goals align with my purpose?

Do I have a good balance of goals?

Who will I share with to hold me accountable?