



Name: \_\_\_\_\_

Company: \_\_\_\_\_

Date: \_\_\_\_\_

## Goal Achieving Worksheet

	Work/Career	Family	Fitness	Spiritual	Personal
<b>Consistency Goal:</b> (You can achieve if you keep showing up)					
<b>Stretch Goal:</b> (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?