

2014 Goal-Setting Worksheet

This Goal-Setting Worksheet will help you identify and attain your 2014 New Year's Resolutions.

The palest ink is better than the best memory. - Chinese Proverb

What percentage of your goals did you accomplish in 2013? How about in 2010 or 2005? The reality is that most people don't track their goals. It's as if they're driving down the highway at 90 miles per hour. Sure they might lead busy lives, but are they moving in the right direction?

Written goals can easily be tracked for a month, year or decade. You can work toward them relentlessly, every day, until they are met. By keeping your goals in writing, you can remain conscious of them for many weeks, years or decades. This will help you most efficiently attain your goals. Putting you goals in writing is like using a map and GPS. You'll know exactly where you want to go, how to get there, and your expected arrival time.

This Goal-Setting Worksheet will help you create your Goals Portfolio. Like an investment portfolio, your Goals Portfolio is diversified. Some goals are easy to attain, while others are challenging. Goals may be for your health, family, career, education, finances, hobbies, and benevolent interests. By creating a diversified list of goals, you can experience success in all areas of life.

Complete this worksheet and post it where you will see it every day (maybe above your desk or on your bedroom wall). Update this sheet as you get closer to attaining your goals. Proudly check-off goals when they are attained. Attach additional sheets of paper as needed. Keep these sheets, so you can proudly review your success in 2015.

For more goal-setting tips and inspiration visit MattByron.com; or read the book *Live Your Dreams: Powerful Strategies for Attaining Your Greatest Goals* on Amazon.com. This Goal-Setting Workbook may be used free of charge, copied, and distributed, for non-profit and educational purposes, as long as attribution is given to the original author: Matt Byron. © 2013

EXAMPLE: HEALTH & FITNESS GOALS

Goal Name	Plan (List 3 key actions necessary to attaining the goal)	Start & Completion Date:
<input checked="" type="checkbox"/> 1. Run a mile under 7 minutes (Check the box once the goal is completed)	1. Use a stopwatch to time how fast I can run a mile today 2. Run 1 mile 3 times per week for the next 30 days 3. Time my new record speed after a month of training	Start: Jan. 1, 2014 Finish: Feb. 1, 2014
<input type="checkbox"/> 2. Learn about healthier eating habits	1. Visit library and borrow 3 books on eating healthily 2. Read at least 30 minutes every day 3. Finish reading the 3 books within a month	Start: Jan. 1, 2014 Finish: Feb. 1, 2014
<input type="checkbox"/> 3. Join intramural basketball team	1. Search the Internet for local intramural teams 2. Join the team 3. Practice shots on my own, until the team season starts	Start: Feb. 1, 2014 Finish: March 15, 2014

PERSONAL GOALS

	Goal Name	Plan	Start & Completion Date
<input type="checkbox"/>	1.	1. 2. 3.	Start: Finish:
<input type="checkbox"/>	2.	1. 2. 3.	Start: Finish:
<input type="checkbox"/>	3	1. 2. 3.	Start: Finish:

HEALTH GOALS

	Goal Name	Plan	Start & Completion Date
<input type="checkbox"/>	1.	1. 2. 3.	Start: Finish:
<input type="checkbox"/>	2.	1. 2. 3.	Start: Finish:
<input type="checkbox"/>	3	1. 2. 3.	Start: Finish:

GOALS

	Goal Name	Plan	Start & Completion Date
<input type="checkbox"/>	1.	1. 2. 3.	Start: Finish:
<input type="checkbox"/>	2.	1. 2. 3.	Start: Finish:
<input type="checkbox"/>	3	1. 2. 3.	Start: Finish:

GOALS

	Goal Name	Plan	Start & Completion Date
<input type="checkbox"/>	1.	1. 2. 3.	Start: Finish:
<input type="checkbox"/>	2.	1. 2. 3.	Start: Finish:
<input type="checkbox"/>	3	1. 2. 3.	Start: Finish: