

Personal Goal Worksheet

What is your goal? (It must be measurable and observable).

Pasos para alcanzar tu objetivo:

1. Structure

Success in life stems from a workable structure. What steps do you need to take daily to achieve your goal?

What steps do you need to take weekly to achieve your goal?

What steps do you need to take monthly to achieve your goal?

What measurements do you need to make to track your progress?

2. Support

Who are the people in your life who support you?

Who are the people in your life who are not currently supportive, but could be supportive if you asked?

What kinds of new people do you need to develop relationships with to receive support?

3. Skills

What new skills do you need to acquire in order to achieve your goal?

Who in your support system can help you develop these skills?

4. Serotonin

Serotonin is a neurotransmitter, and low levels can result in depression, and other problems. This section represents the body's physical and emotional health. What do you need to do to keep your body healthy while pursuing your goal?