



Goal Setting Worksheet

Personal Contract for: _____

Start date: _____

Goal Event: _____

My Mission Statement:

After completing this sheet turn your answers into an Around the Bay 2018 “mission statement” to yourself.

Planning Prompters	Week 1	Week 5	Week 9	FINAL Week review
S for SPECIFIC Describe your goal & what do you want to accomplish? Why do you want it? What are the requirements?				
M for MEASURABLE How do you plan to measure your progress? How will you know if you are on track?				
A for ACHIEVABLE What resources do I have? What are the steps I have in place to make this achievable?				
R for RELEVANT By striving towards this goal how does this align with my resources, time and beliefs?				



T for TIME BOUND What can you achieve over the next 4, 8 or 12 weeks to make a difference?				
MOTIVATION What motivates you to achieve this goal?				
CHALLENGES What challenges this motivation?				
DREAM BIG What do you 'REALLY' want to achieve?				
INTEGRITY Why is this important to you?				
IMPOSTERS In your opinion, what is currently holding you back from reaching your full potential?				
1%'ers - What are the small things you can add or change or enhance to create your success. Eg: go to bed 5 mins earlier with no phonetime!				



When completing this form:

1. KEEP IT SIMPLE, SHORT ANSWERS, SUCCINCT AND TRUTHFUL. This is for you to reflect upon.
2. Start at the start. Do something, it's better than nothing. Better done than perfect. Move forward and gain momentum through action.
3. 1% rule - 1 task at a time, 1 day at a time, 1 week at a time, 1 month at a time. Just improve by small 1%'ers and by 12 weeks you can't fail.
4. Focus on the things you CAN control and Focus on the things you are doing well.
5. Keep Moving in a forward direction - small achievements have a much greater effect over a longer period.
6. Reflect each month, make changes where needed, and realign yourself with your reason for doing Around the Bay.