



Goal-Setting Intention-Based Worksheet

Step 1: Imagine that today is December 31st of this upcoming year. You have accomplished everything thing you set out to do.

How are you feeling? (Use language like "I am..." or "I feel")

Step 2: What have you accomplished that made you feel this?

Accomplishment 1:

Accomplishment 2:

Accomplishment 3:

Step 3: For each Accomplishment think about goals that are **Organic** (something that is easily achieved with no change in action), **Stretch** (something that is achieved with additional effort), **Earth-Shattering** (something that is achieved with maximum effort)

Accomplishment	Organic	Stretch	Earth-Shattering
1.			
2.			
3.			

Step 4: What activities are needed to achieve each goal?

Accomplishment	Organic Activity	Stretch Activity	Earth-Shattering Activity
1.			
2.			
3.			

Step 5: On a scale from 1-10 (1- not gonna happen, 10-hell yeah!), how do you feel about goal?

Accomplishment	Organic Activity	Stretch Activity	Earth-Shattering Activity
1.			
2.			
3.			

Step 6: What could you do/what do you need in order to increase each number by one or two points?

Accomplishment	Organic Support	Stretch Support	Earth-Shattering Support
1.			
2.			
3.			