

**Goal-Setting Intention-Based Worksheet**

**Step 1:** Imagine the day is December 31st of this 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:

Accomplishment 4:

**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. |  |  |  |
| 4. |  |  |  |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Accomplishment** | **Organic Activity** | **Stretch Activity** | **Earth-Shattering Activity** |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |

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

|  |  |  |  |
| --- | --- | --- | --- |
| **Accomplishment** | **Organic Activity** | **Stretch Activity** | **Earth-Shattering Activity** |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |
| 4. |  |  |  |

**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. |  |  |  |
| 4. |  |  |  |