

www.Weight-Lifting-Complete.com
Goal Setting Worksheet

Today's Date:

Start Date:

Target Date:

Date Achieved:

Long Term Goal: _____

What exactly are you accomplishing with this goal? Be Specific.

How do you know when you've reached this goal?

Is this goal realistic? Can it be achieved with your greatest effort? Do you have what you need to achieve this goal? If not, how will you get what you need?

Why is this goal significant to your life?

When will you achieve this goal?

What is your reward for achieving this goal?

Tip: Use the goal setting guidelines to write your goals.

Goal Setting Worksheet

Directions: Write the short term goals that are going to help you meet the long term goal on the previous page. Print as many copies of each sheet as needed.

Short Term Goal: _____

How is this going to help you meet your long term goal? When will you meet this goal?

Short Term Goal: _____

How is this going to help you meet your long term goal? When will you meet this goal?

Short Term Goal: _____

How is this going to help you meet your long term goal? When will you meet this goal?

Short Term Goal: _____

How is this going to help you meet your long term goal? When will you meet this goal?

Short Term Goal: _____

How is this going to help you meet your long term goal? When will you meet this goal?

Goal Setting Worksheet
Goal Setting Guidelines

1. **Ensure you have a very good reason for each goal.** The goal should be very important to you for a specific reason. If you are emotionally attached to each goal, you will work harder to reach that goal.
2. **Know the outcome of your goal.** You've got to be able to see it and feel it. You MUST know how great it's going to feel when you reach your goal. Close your eyes and visualize. Use your senses to see and feel your goal.
3. **Attach a mental image or actual image to each goal.** Every time you read your goal, this image should come to mind. Visualization is very powerful. Either create an image in your mind or find an actual image that will help you.
4. **Set a reward for meeting each of your larger goals.** If you follow the WLC Program for 3 months, and finally achieve the body of your dreams, you should set a reward such as a vacation to a place you've always wanted to go -- or buy new clothes, etc.
5. **Write each goal in the positive and present tense.** Do not use future tense such as 'I will' do this or that. This convinces your mind that you already have met the goal and helps it work with you to meet your goals... very powerful stuff.
6. **Set every goal as high as possible.** If you miss your goal, you will still be extremely happy. But, believe that you WILL meet those goals. You must believe you will meet them and even exceed them. Always set your goals high!
7. **Use powerful words and descriptions.** When you read your goals, you want them to affect you emotionally. Using powerful words will help evoke these emotions when you read your goals.
8. **Set short term and long term goals.** Once you know exactly what you want, set short term goals to make sure you are on the right track to meet your long term goals. Set time constraints for each goal. You need to have a sense of urgency.
9. **Go over your goals several times each day.** Repetition is very powerful and engrains your goals into your mind. Go over them morning, afternoon, and night if possible EACH day.
10. **Always set new goals once you achieve a goal and reward yourself.** Strive for constant improvement. Setting new goals really gives your life meaning and makes you happy.