



# Goals Worksheet

**WHAT do you want to achieve? Describe your top 3 GOALS:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**I want to achieve these goals because (WHY?):**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3 ACTION STEPS I will take to achieve my goals are (be specific):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**List 3 Obstacles that will show up and 2 solutions to push past the obstacle when it does:**

Obstacle #1: \_\_\_\_\_  
Solution #1: \_\_\_\_\_  
Solution #2: \_\_\_\_\_

Obstacle #2: \_\_\_\_\_  
Solution #1: \_\_\_\_\_  
Solution #2: \_\_\_\_\_

Obstacle #3: \_\_\_\_\_  
Solution #1: \_\_\_\_\_  
Solution #2: \_\_\_\_\_

**REWARD: How will you reward yourself when you reach your goal(s)?**

\_\_\_\_\_  
\_\_\_\_\_

**\_\_\_ I commit to reaching my health and fitness goals NO MATTER WHAT!**

**\_\_\_ I am willing to do WHATEVER IT TAKES to reach my goals!**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date