

CAROLINE

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Goal-Setting Worksheet

Research has found that the happiest people wake up every day to clear-cut goals that pull them forward, that are value-driven, and that are “intrinsic” (set by themselves, not by others, or set because they feel they “should” have that goal).

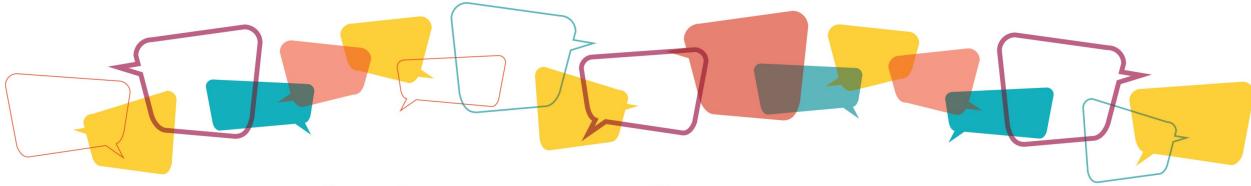
It's also been found that the best goals are a mixture of short-term and long-term “leveraged” (the accomplishment of the short-term goal facilitates or enhances the chances of success with the long-term goal) goals. For example, if you have a long-term goal of running a marathon because you value the athleticism and grit associated with setting and completing such a physical goal, examples of leveraged short-term goals might include finishing a shorter walk or run, or joining a marathon training group.

With that in mind, please set three short-term and three long-term goals that you can make progress on, or accomplish, in the coming year. Remember, goal setting theory states that performance goals must be “challenging and specific” for maximum performance. These goals must also be measurable so that feedback can be generated and evaluated along the way.

After writing your goals, please fill in some of the other lines that pertain to enhancing your commitment, accountability and self-regulation skills that will make it even easier to be successful in goal pursuit.

Short-term (3 to 6 months from now) goals:

- 1.
- 2.
- 3.



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Long-term (1 year or more from now) goals:

- 1.
- 2.
- 3.

Do I need to beef up my willpower muscle? If so, how will I do it?

Do I have the right “flock” around me, and if so, who are they, and if not, where can I find them?

How can I enhance my environment to generate more positive and goal-directed behavior?

Do I need to take more risks than I've previously taken? If this is scary, what are the risks I've taken before that have paid off?

Am I someone who needs to become more resilient in the face of setbacks, and do I have enough grit? What have I done before that I'm proud of, and that has required that I persevere with passion?

Do I have a “Lost Possible Self” that I need to bid farewell to? Who is it?

How will I celebrate and savor the wins along the way?