



# SET YOUR GOALS

**GOAL 1**

**CAN ANYONE ELSE  
IMPACT THIS GOAL?**

**YES**

**NO**

**WILL THIS GOAL  
CHALLENGE ME?**

**YES**

**NO**

**RATE THE CHALLENGE OF THIS GOAL ON A  
SCALE OF 1-10, WITH "10" BEING THE HARDEST**

1 2 3 4 5 6 7 8 9 10

**CAN I KEEP MYSELF ACCOUNTABLE TO THIS GOAL?**

**YES**

**NO**

**LIST 2 WAYS YOU CAN KEEP YOURSELF ACCOUNTABLE**

1. \_\_\_\_\_

2. \_\_\_\_\_

**GOAL 2**

**CAN ANYONE ELSE  
IMPACT THIS GOAL?**

**YES**

**NO**

**WILL THIS GOAL  
CHALLENGE ME?**

**YES**

**NO**

**RATE THE CHALLENGE OF THIS GOAL ON A  
SCALE OF 1-10, WITH "10" BEING THE HARDEST**

1 2 3 4 5 6 7 8 9 10

**CAN I KEEP MYSELF ACCOUNTABLE TO THIS GOAL?**

**YES**

**NO**

**LIST 2 WAYS YOU CAN KEEP YOURSELF ACCOUNTABLE**

1. \_\_\_\_\_

2. \_\_\_\_\_

**GOAL 3**

**CAN ANYONE ELSE  
IMPACT THIS GOAL?**

**YES**

**NO**

**WILL THIS GOAL  
CHALLENGE ME?**

**YES**

**NO**

**RATE THE CHALLENGE OF THIS GOAL ON A  
SCALE OF 1-10, WITH "10" BEING THE HARDEST**

1 2 3 4 5 6 7 8 9 10

**CAN I KEEP MYSELF ACCOUNTABLE TO THIS GOAL?**

**YES**

**NO**

**LIST 2 WAYS YOU CAN KEEP YOURSELF ACCOUNTABLE**

1. \_\_\_\_\_

2. \_\_\_\_\_