



**SETTING**

**ATTAINABLE GOALS**

**WORKBOOK**

What are the major areas of priority in your life? Think career, health, family (things you can improve and take action to improve.)

Area :

What are some goals you have for this area?

Goals:

What steps are necessary to accomplish  
this goal?

# Accountability:

How are you holding yourself  
accountable?

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What is the time frame for accomplishing  
each step of the goal?

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## Results:

How will you know when it's accomplished  
and what is the next step? What is the  
reward?