

WORKING TOWARD GREAT GOALS



A goal is the object of purposeful effort.
It is the destination of a journey.

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Reaching a goal requires focus and effort.

Research shows that writing down your goals makes you more likely to achieve your goals.

This includes creating an *action plan* and a system to hold yourself *accountable* for achieving your goals.

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Action Plan /noun/

A formal sequence of steps that guide you toward a goal.

Accountability /noun/

The fact and understanding that you are responsible for something. You alone are accountable for your effort and focus.

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“You are a light. You are the light. Never let anyone — any person or any force — dampen, dim or diminish your light.” – John Lewis

Go Be Great!

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Weeks 6–10: GREAT GOAL WORKSHEET

It's time to set a GREAT goal! People who do great things are people who set goals and then work toward achieving those goals. Every 5 weeks you will use a GREAT goal worksheet to set and then work toward a new GREAT goal.

Some goals will take longer than 5 weeks to achieve. That's okay! If you need more time, use the next GREAT goal worksheet to update your efforts and timeline. **Let's get started!**



G

Goal's Name

Describe your goal in 5 words or less. Congratulations! This new, simple statement is now your goal's name.

R

Reason for Your Goal

Every GREAT goal has a "why" that gives it purpose and direction. How will this goal make your world a better place?

E

Efforts Required

How are you going to achieve your goal? List 4 specific steps that you will take today, tomorrow, next week, and beyond.

A

Accountability Partner

When you tell someone about your goal, it becomes real. List 1 or 2 people you will share your goal with. Ask them to help you stay accountable.

T

Timeline for Your Goal

Today is your starting point. When do you want to achieve your goal? Set a finish line and then place the efforts listed above in order on the timeline.

Goal's Name:

Reason for Your Goal:

		Efforts Required	
>Today...		>Tomorrow...	
>Next Week...		>Beyond Next Week...	

Accountability Partner 1:

Partner 2:

GREAT Goal Timeline

Today	Tomorrow	Next Week	Beyond	Finish Line
Date:	Date:	Date:	Date:	Date:
Effort:	Effort:	Effort:	Effort:	Effort: