

# GREAT GOALS AND PURPOSEFUL PRACTICE

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



**Reaching a goal requires focus and effort.**

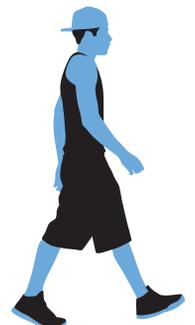
Research shows that writing down your goals makes you more likely to achieve your goals.

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



**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.



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

# 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 use a GREAT goal worksheet to set and work toward a goal.

Some goals will take longer than 5 weeks to achieve. That's okay! If you need more time, use a new 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 simple statement is your goal's name.

**R**

**Reason for Your Goal**

Every GREAT goal has a "why" that gives it purpose and direction.

**E**

**Efforts Required**

How will you achieve the goal? List 4 steps you will take today, tomorrow, next week, and beyond.

**A**

**Accountability Partner**

Telling someone about your goal makes it real. List the people you will share your goal with.

**T**

**Timeline for Your Goal**

Today is your starting point. Set a finish line and place your efforts in order on the timeline.

**Goal's Name:**

**Reason for Your Goal:**

Efforts Required

>Today...	>Tomorrow...
>Next Week...	>Beyond Next Week...

> **Accountability Partners:**

GREAT Goal Timeline

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