

Goal Plan Brainstorm

Developing a Goal Vision

1. What is a goal that would be absolutely incredible to accomplish this year, but is too unrealistic?
2. What is a goal that is absolutely 100% attainable this year?
3. What is the goal in between? What goal is just on the edge of what you think you can accomplish, but know you could if you really went for it?
4. Are you holding onto a secret goal? Do you need to incorporate that into the above questions or do you need to readjust and trust your goal?
5. Now that you have the vision, how can you make it more specific?

Defining Objectives

1. What skills do you need to work on in order to accomplish your long-term goal?

2. What needs to happen in one week? One month? Six months?

One week:	
One month:	
Six months:	

3. How will you know when you have accomplished each objective?

Defining Strategies

1. What three milestones will lead you to your goal?

1	
2	
3	

2. What potential obstacles will I face in working on my strategies?

3. How can I address each obstacle?

4. How can I make each strategy more specific?