



## My Goal-Setting Plan

Seven short steps from a vague wish to a specific goal, a when-and-where plan, and a first step for the next 48 hours.

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### **01 Name the goal, and the reason under it**

Start with what you want, in one plain sentence, then the honest reason behind it. A goal with a real 'why' survives the days you don't feel like it.

**What I want, in one specific sentence:**

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**Why it actually matters to me (not why it 'should'):**

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## 02 Make it specific and measurable

'Get fit' can't be finished, started, or measured. Pin it down so that someone else could tell whether you'd done it.

How will I know I've reached it? What will be true or different?

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By when (a real date, not 'soon'):

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### 03 Picture the outcome, then the obstacle

Imagining success alone tends to relax you, not move you. Pairing the outcome with the obstacle in its way is what turns a wish into action. Do both, in order.

**The best realistic outcome of reaching this, what it looks and feels like:**

  
  
  

**The main inner obstacle, the habit, fear, or excuse that actually stops me:**

#### 04 Turn the goal into repeatable actions

An outcome ('lose 5kg', 'finish the course') is the destination. Process goals are the small actions you can actually repeat, and the part you control. List the few that would get you there.

The repeatable action

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How often

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## 05 Make a when-and-where plan

This is the step most people skip, and the one with the strongest evidence behind it. Decide the exact cue, when and where, that will trigger the action. 'I'll do it sometime' rarely happens; 'after I make my morning coffee, I'll write for 20 minutes at the kitchen table' often does.

When and where (the cue)	What I'll do
_____	_____
_____	_____
_____	_____
_____	_____

And for the obstacle above: 'If [it happens], then I will [my planned response].'


## 06 The first small step

Momentum beats motivation. Pick a first step so small you can't reasonably refuse it, and do it within two days.

The smallest version I can do in the next 48 hours:

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How ready do I feel to start?

1 2 3 4 5 6 7 8 9 10

Not yet

Ready now

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## 07 Check it's a good goal

Run your goal past these. The more you can honestly tick, the more likely it is to stick.

- It's specific enough that someone else could tell if I'd done it.
- It's mine, not someone else's expectation of me.
- It's a stretch, but realistic, not so big it's hopeless, not so small it's nothing.
- I've turned it into actions I can repeat, not just an outcome to wish for.
- I've decided exactly when and where I'll act.
- I've planned for the obstacle most likely to derail me.
- I know the first small step, and roughly when I'll take it.

### When you're done, a moment to reflect

- Is this goal actually yours, or one you think you're supposed to want?
- What's the real obstacle, and is your plan for it honest, or wishful?
- If you did only the first step this week and nothing more, would that still count as moving forward? (It does.)

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Free worksheet from [selfgrowth.org](https://selfgrowth.org). Free self-growth worksheets for real life.

### If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at [findahelpline.com](https://findahelpline.com). If you're in immediate danger, call your local emergency number.