

Goals Exploration Worksheet

Section 1: Reflecting on Your Values and Interests

1. What are your core values that guide your decisions and actions? (e.g., honesty, kindness, creativity)

2. What activities do you enjoy doing in your free time? (e.g., reading, hiking, painting)

3. What are your long-term aspirations? (e.g., career, education, personal growth)

4. What kind of person do you want to become? (e.g., confident, resilient, compassionate)

5. What kind of impact do you want to make in the world? (e.g., helping others, creating something new, making a difference)

Section 2: Identifying Your Strengths and Challenges

1. What are your greatest strengths? (e.g., communication, problem-solving, leadership)

2. What are some areas where you'd like to improve? (e.g., public speaking, time management, self-care)

3. What are some challenges you're currently facing? (e.g., procrastination, self-doubt, lack of motivation)

4. What are some opportunities you're excited about? (e.g., new job, new skill, new relationship)

5. What are some obstacles that might get in the way of achieving your goals? (e.g., fear, lack of resources, distractions)
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Section 3: Exploring Your Goals

1. What are some short-term goals you'd like to achieve in the next few months? (e.g., finishing a project, learning a new skill, improving your physical health)
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2. What are some medium-term goals you'd like to achieve in the next year or two? (e.g., switching careers, starting a business, moving to a new city)
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3. What are some long-term goals you'd like to achieve in the next 5-10 years? (e.g., becoming an expert in your field, starting a family, traveling the world)
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4. What kind of support system do you need to achieve your goals? (e.g., mentor, accountability partner, supportive friends and family)
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5. What kind of mindset shifts do you need to make to achieve your goals? (e.g., more positive, more resilient, more focused)
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Use the above information to set SMART Goals (Specific, Measurable, Achievable, Relevant, Time-bound). Goals can be personal (i.e. a new hobby), professional (i.e. promotion, new job), financial (i.e. saving, investing), educational (i.e. professional development, learn about a topic of interest), health and wellness related (i.e. start a fitness routine, start therapy), relational (i.e. improve communication skills), travel related (i.e. take a road trip), creative (i.e. learn to play an instrument, start painting), community related (i.e. volunteer or advocate for a social cause), or bucket list related (i.e. go skydiving).

Setting SMART Goals

Use the following template to set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals:

Example Goal:

- Specific: I want to improve my physical health by going to the gym.
- Measurable: Progress will be measured by increasing weight or reps.
- Achievable: I will go to the gym on Monday, Wednesday and Friday for 30 minutes each time.
- Relevant: This will help me feel more energy and feel better mentally.
- Time-bound: Within 6 months I will establish a consistent workout routine and have reduced body fat by at least 5%.

Additional Tips:

- Make sure your goals are positive and focused on what you want to achieve, rather than what you want to avoid.
- Break down large goals into smaller, manageable steps.
- Celebrate your progress and accomplishments along the way!
- Review and revise your goals regularly to ensure you're on track and making progress.

Setting SMART Goals

Use the following template to set SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals:

Goal 1:

- Specific: _____
- Measurable: _____
- Achievable: _____
- Relevant: _____
- Time-bound: _____

Goal 2:

- Specific: _____
- Measurable: _____
- Achievable: _____
- Relevant: _____
- Time-bound: _____

Goal 3:

- Specific: _____
- Measurable: _____
- Achievable: _____
- Relevant: _____
- Time-bound: _____