

Quarterly Goal Setting Worksheet



Before you Begin – Clarify Your WHY

Take a few moments to reflect before setting your goal. The clarity you create here will anchor your motivation throughout the quarter.

Your main focus for this quarter, The one that moves you closer to who you're becoming

Your Anchor Goal

The Four Questions

1. Why did I choose this goal?

- What makes it meaningful to me right now?



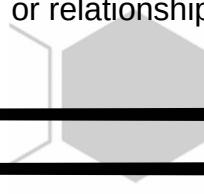
2. What do I truly want to accomplish by reaching this goal?

- What will success look and feel like three months from now?



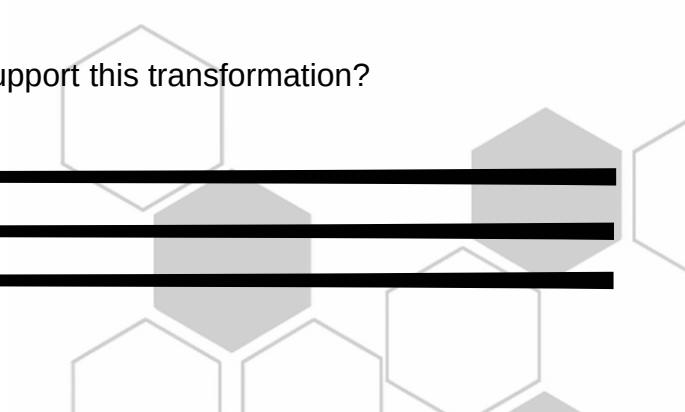
3. Why do I want this result?

- What impact will achieving this have on my life, confidence, or relationships?



4. Who do I need to become to make this goal possible?

- What habits, beliefs, or daily actions must I strengthen to support this transformation?



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12 Key Steps to Achieve This Goal

(Break your goal into 12 simple, doable steps, one per week.)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Time to Reflect

1. What am I most proud of achieving this Quarter?

2. What did I learn about myself through this process?

3. What habits or mindsets helped me stay consistent?

4. What will I carry forward into next quarter's goals?
