



# Vision, Goal, Action Planning Worksheet

## See Your Vision

- Describe your best self
- What do you want to feel like in the future?
- What do you want to look like in the future?
- What do you want to be doing differently in future?



## Set Your Goal

- What do you have to do to achieve your vision?
- What change in your life has to happen?
- Are you ready to make this change?
- A good goal is specific, measurable, achievable, realistic and is timely

### GOALS

S pecific  
M easurable  
A chievable  
R ealistic  
T ime based

## Build Your Action Plan

- How are you going to achieve your goal?
- Each week, ask yourself:
  - What am I going to do?
  - When am I going to do it?
  - Where am I going to do it?
  - How much am I going to do it?
  - How often am I going to do it?
- Each week ask, what went well? What did not go as planned?
- Problem-solve when your plan does not go as planned

ACTION PLAN			
WHO	WHAT	WHEN	HOW

# My Vision



# My Goal

**GOALS**

S pecific  
M easurable  
A chievable  
R ealistic  
T ime based

# My Action Plan

• This week I will:

• \_\_\_\_\_ (What)

• \_\_\_\_\_ (When)

• \_\_\_\_\_ (Where)

• \_\_\_\_\_ (How much)

• \_\_\_\_\_ (How often)

• My confidence rating that I can do this plan is:

• 1 2 3 4 5 6 7 8 9 10

• not confident at all totally confident

**Check in with yourself next week to see how your action plan went.**

**Problem solve for things that did not go as planned. Then build your next action plan!**