



### single-step goal-setting worksheet

Name:					Date:	
Category	Goal	Due Date	Microgoals	Due Date	Comments	
Education	1)		1]			
			2]			
			3]			
	2)		1]			
			2]			
			3]			
Mental/Spiritual	1)		1]			
			2]			
			3]			
	2)		1]			
			2]			
			3]			
Career/Work	1)		1]			
			2]			
			3]			
	2)		1]			
			2]			
			3]			
Health/Fitness	1)		1]			
			2]			
			3]			
	2)		1]			
			2]			
			3]			
Financial/Security	1)		1]			
			2]			
			3]			
	2)		1]			
			2]			
			3]			