



# GOAL-SETTING WORKBOOK

YOUR JOURNEY TO ACHIEVING  
MEANINGFUL GOALS

COACH TAWANDA

# Welcome to Your Goal-Setting Journey

Congratulations on taking the first step toward a more focused and fulfilling life! Setting goals gives you clarity, focus, and direction. This workbook is designed to help you map out meaningful goals and actionable steps. Let's start building the life you envision!

Remember, every great achievement starts with the decision to try. Embrace this journey with an open heart and mind, knowing that you have the power to create the life you desire. Believe in yourself, stay committed, and celebrate each small victory along the way!

Coach Tawanda

# BRAINSTORM YOUR GOALS

**WRITE DOWN ANY GOALS YOU WANT TO ACHIEVE.  
DON'T LIMIT YOURSELF — THINK BIG!**

Short-Term Goals (Within 1 Year)

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Long-Term Goals (Beyond 1 Year)

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# SMART GOALS TEMPLATE

USE THE SMART FRAMEWORK TO DEFINE YOUR GOALS  
CLEARLY

Goal

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Specific

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Measurable

---

Achievable

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Relevant

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Time-Bound

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# ACTION PLAN

**Break down your goals into actionable steps.**

Goal \_\_\_\_\_

Action Steps

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Deadline \_\_\_\_\_

Resources Needed

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# MILESTONE TRACKING

**Break down your goals into smaller milestones.**

Milestone \_\_\_\_\_

Deadline \_\_\_\_\_

How I'll Celebrate \_\_\_\_\_

Milestone \_\_\_\_\_

Deadline \_\_\_\_\_

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Milestone \_\_\_\_\_

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Deadline \_\_\_\_\_

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Milestone \_\_\_\_\_

Deadline \_\_\_\_\_

How I'll Celebrate .....

# GOAL REFLECTION

**Take a moment to reflect on your progress.**

What's working?

What's challenging?

What adjustments do I need to make?

## FINAL THOUGHTS

**Congratulations on completing your goal-setting workbook! Reflect on what you've learned and how far you've come. Remember, every step forward is a step toward your dreams."**

How do you feel about your progress so far?

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What's one key lesson you've learned through this process?

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