

# 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?
- Why does it matter? What values does your vision include?



## Set Your Goals

- How close is your vision right now?
- What can you change to bring it closer?
- Are you ready to make these changes?
- A good short term goal is specific, measurable, achievable, realistic, and timely AND compatible with your values

### 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



# My Action Plan

- \_\_\_\_\_ (What)
- \_\_\_\_\_ (When)
- \_\_\_\_\_ (Where)
- \_\_\_\_\_ (How Much)
- \_\_\_\_\_ (How Often)

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!