

Goal Getting Benchmark Sheet

MY GOAL Be very specific: what you want, how much, how many, by when?

WHAT

MY REASONS Why do I want to achieve this goal?

What will be my reward for achieving this goal?

How will I feel when I get there?

What are the prices I'm paying for not having this goal?

Is this what I really want? Yes No

Is it worth the time, effort and money to reach this goal? Yes No Yes, but later

BARRIERS

Why haven't I achieved it already?

What obstacles can I control?

What is out of my control?

SOLUTIONS

What skills do I need to have to achieve this goal?

Do I have those skills?

If no, how and when can I acquire them?

How do I know this is what I need and that it will help me?

HOW

SPECIFIC ACTION STEPS FOR ACHIEVING THIS GOAL

DATE

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

Use a separate sheet if needed

SUPPORT TEAM

What work will I need to have done for me? WHO will do it?

- 1
- 2
- 3

Who will teach me the new skills I need?

- 1
- 2
- 3

Who will hold me accountable?

- 1
- 2
- 3

Who will be my cheerleaders?

- 1
- 2
- 3