

Goal Setting

Worksheet

Stop wasting time in the mediocre
Spend time creating the magnificent



Hi, fellow Mission-Driven Avocado Leader,



I'm so happy you were able to download this Goal Setting Checklist!

I know how starting any sort of mission you can think of can be truly overwhelming because you the array of options put there for you is staggering. But... It is the easiest and most affordable way to do get clarity on what you want and make it happen... but what is important? and what isn't? what should you discard?

Worry no more for I have cracked the code!



With this checklist, I want to give you the keys to truly optimize your energy and time and attract aligned actions to you. Make sure to complete the checklist in all its sections. Check your email inbox (main, spam or promotions folders) over the next coming days as I'll be dropping more free value on how to push your self-growth productively. I will answer the most asked questions and give you tools and tips on hashtags, content creation and optimizing your profile for business growth!

If you have a question, feel free to reach out on

Instagram @stana.ferrari

~ Stana 

Goal Setting Worksheet

Every year millions of goals are set but almost as many fail. The main reason for this is lack of proper planning. This worksheet is designed to help set the stage for creating achievable goals.

Goal (be specific – who, what, when, where, how): _____

Realistic target completion date: _____

Why this goal is important to me: _____

Positive results I will receive when achieving this goal: _____

Skills I need in order to achieve this goal:

- _____
- _____
- _____
- _____

Steps I will take to reach this goal.

- _____
- _____
- _____
- _____
- _____
- _____

Tools/Things I will need to help me reach this goal:

- _____
- _____
- _____
- _____

People I can turn to for help if I need it:

- _____
- _____
- _____

How I will know when I have reached my goal: _____

Progress Report

WEEK	1 Not Going Well	2 Pushing Forward	3 Steadily Improving	4 Almost There	5 Goal Achieved!	NOTES
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						

And last but not least... ↓

Passion Roadmap



- 1 This is a one page overview of your short and long term goals
- 2 Once you're done, circle one goal in each section that you would like to prioritize
- 3 The first step in achieving your goals is to write them down, so don't hold back. Let yourself dream big on this page

Next Steps

GET IN TOUCH: I'd love to hear what you learned from using any of these goal prompts. Feel free to share your thoughts with me in an [email](#) or message on [Instagram](#).

SHARE WITH A FRIEND: If you enjoyed these prompts, please **share this freebie with a friend** who would love it.

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