Creating Micro Goals

In the journey toward achieving more complex tasks, larger goals, and significant milestones, it's the small, incremental steps that make the biggest impact. This worksheet is designed to help you identify, set and track micro goals — those manageable, bite-sized objectives that pave the way to larger accomplishments, a feeling of accomplishment and personal growth.

Example

Goal: Clean Up House

Micro Goal(s):
- Pick up dirty laundry
- Put dirty laundry in dryer
- Set timer for when laundry is done
- Switch over laundry to dryer

- Put dirty breakfast dishes in the dish washer
- Wipe down kitchen table
- Wash dishes in sink
- Dry dishes in sink
- Put dishes away

Things That Might Get in the Way of Completing This Goal (Obstacles):
- Feeling tired
- My mind telling me that I'm being lazy
- Scrolling on my phone
- Having "I don't want to do this" thoughts

How Can I Help Myself Complete the Goal (How to Overcome the Obstacles):
- Put some pump up music on
- Set a timer and work for 15 minutes before taking a break
- Make sure my micro goal to-do list is realistic
- Do 5 jumping jacks to get my energy up

RELEARNING HUMAN

Goal: _____

Micro Goal(s):

Things That Might Get in the Way of Completing This Goal (Obstacles):

How Can I Help Myself Complete the Goal (How to Overcome the Obstacles):