

Goals & Objectives Worksheet

Establishing your main or primary goal is essential to planning and completing a successful, long term change in your life. This worksheet is a quick form for those who are clear about what they want to change. By confirming your main goal below, you are one step closer to making that change a reality. Remember; work on one goal at a time!

Once you have completed one goal, you may return to this sheet and create other goals as needed.

If you would like more information on the goal setting process or would need more clarity in creating your goal(s) then please see **Establishing Clear Goals Guidelines**.

If you are still unclear about your goal then contact your coach for assistance. If you are not currently with a coach would like to contact a coach then please contact us at info@12weekstowellness.com or 604-921-2348.

Clearly define your present goal and objectives by answering the following:

- 1) Physical goals & objectives (i.e. Weight loss, improve overall fitness level, and improve energy levels....).

My physical goal(s):

- 2) Mental/Emotional goals & objectives – (i.e. Improve self esteem, increase personal & Professional productivity....).

My mental / emotional goal(s):

3) Other goals & objectives:

Once completed, write a description of:

1) How you **presently feel** physically, emotionally and mentally:

2) How you would **like to feel** physically, emotionally and mentally:

My main goal is
