

Your Goals

Workbook

A guided workbook for reflection,
awareness, and intentional growth.

SELF-GROWTH JOURNEY

Your Goals

Goals often shape the direction of our time, energy, focus, and attention. They help turn ideas, intentions, hopes, and visions into something more tangible and actionable over time.

But goals are not only about achievement or productivity.

When they feel aligned with what truly matters to us, they can also create clarity, momentum, purpose, and a stronger sense of direction in daily life.

Some goals may feel exciting and deeply meaningful. Others may feel uncertain, unfinished, or difficult to fully define. That's completely okay.

This workbook is an invitation to slow down and explore the goals that feel most important to you right now.

Not the goals you think you should pursue.

Not the expectations placed on you by others.

But the goals that feel connected to your values, your vision, your growth, and the kind of life you want to create.

As you move through these pages, you may begin to notice patterns in what motivates you, what matters most to you, and what kind of progress feels genuinely meaningful.

Some reflections may feel energizing and clarifying. Others may reveal hesitation, uncertainty, or competing priorities. That's completely natural.

Sometimes direction becomes clearer simply by giving honest attention to what you truly want to move toward.

Take what resonates.

Leave space for uncertainty.

Return to anything that feels important.

This is not about chasing perfection.

It's about becoming more intentional about the direction you want your life to move toward.



Exploring Your Goals

Goals give direction to intention.

They help translate ideas, values, and priorities into movement and action over time.

Some goals may relate to:

- work or career
- health
- relationships
- creativity
- finances
- learning
- personal growth
- lifestyle or environment

As you reflect, notice which goals feel deeply meaningful versus which ones feel driven mostly by expectation, pressure, or comparison.

Not every goal needs to be large or long-term.

Often, meaningful change begins through smaller decisions repeated consistently.



Your Audacious Goals (life-long)

Some goals stay within what already feels realistic or familiar. Others point toward something larger—directions, experiences, or possibilities that would significantly expand your life if pursued fully. Use this space to explore the goals that feel ambitious, meaningful, or deeply important to you. Especially, think back at the audacious goals you wrote in the Vision section and connect them here.

Audacious Goal #1 _____

Audacious Goal #2 _____

Audacious Goal #3 _____

Audacious Goal #4 _____

Audacious Goal #5 _____



Your Long-Term Goals (1+ years)

Looking at your bigger directions, what would feel like meaningful progress over the next few years?

These don't need to be exact timelines—just steps that move you closer to what you envision.

Long-Term Goal #1 _____

Long-Term Goal #2 _____



Your Long-Term Goals (1+ years)

Long-Term Goal #3 _____

Long-Term Goal #4 _____



Your Short-Term Goals (12 months)

From everything you've explored so far, choose a small number of goals that feel most meaningful to focus on over the next year.

Try to keep this list short.
Clarity and focus matter more than quantity.

Short-Term Goal #1 _____

Target Date: _____

Description:

Short-Term Goal #2 _____

Target Date: _____

Description:



Your Short-Term Goals (12 months)

Short-Term Goal #3 _____

Target Date: _____

Description:

Commitment

I, _____, choose to move toward these goals over the next twelve months. I will approach them with focus, patience, and consistency, and I will adjust as needed along the way.

Date

Signature



Goal Validation Worksheet

#1 Short-Term Goal: _____

Attribute	Check	Explain
Clear	<input type="checkbox"/>	
Feels possible	<input type="checkbox"/>	
Observable	<input type="checkbox"/>	
Within my Influence	<input type="checkbox"/>	
Meaningful	<input type="checkbox"/>	
Has a sense of timing	<input type="checkbox"/>	
Feels right	<input type="checkbox"/>	
Feels supportive	<input type="checkbox"/>	



Goal Validation Worksheet

#2 Short-Term Goal: _____

Attribute	Check	Explain
Clear	<input type="checkbox"/>	
Feels possible	<input type="checkbox"/>	
Observable	<input type="checkbox"/>	
Within my Influence	<input type="checkbox"/>	
Meaningful	<input type="checkbox"/>	
Has a sense of timing	<input type="checkbox"/>	
Feels right	<input type="checkbox"/>	
Feels supportive	<input type="checkbox"/>	



Goal Validation Worksheet

#3 Short-Term Goal: _____

Attribute	Check	Explain
Clear	<input type="checkbox"/>	
Feels possible	<input type="checkbox"/>	
Observable	<input type="checkbox"/>	
Within my Influence	<input type="checkbox"/>	
Meaningful	<input type="checkbox"/>	
Has a sense of timing	<input type="checkbox"/>	
Feels right	<input type="checkbox"/>	
Feels supportive	<input type="checkbox"/>	



Goal Commitment Worksheet

#1 Short-Term Goal: _____

Why is it important to you?
.
.

What might happen if I don't move toward this?
.
.

What could open up if I do?
.
.

What are the resources I need (time, money, people)?

Who is my trusted partner in this?
.
.

If I accomplish this, I will reward myself:



Goal Commitment Worksheet

#2 Short-Term Goal: _____

Why is it important to you?
.
.

What might happen if I don't move toward this?
.
.

What could open up if I do?
.
.

What are the resources I need (time, money, people)?

Who is my trusted partner in this?
.
.

If I accomplish this, I will reward myself:



Goal Commitment Worksheet

#3 Short-Term Goal: _____

Why is it important to you?
.....
.....

What might happen if I don't move toward this?
.....
.....

What could open up if I do?
.....
.....

What are the resources I need (time, money, people)?

Who is my trusted partner in this?
.....
.....

If I accomplish this, I will reward myself:



Reflection

Look back at the goals you've explored throughout this section.

As you review them, notice what they suggest about the direction, priorities, experiences, and kind of life you want to move toward over time.

What stands out most clearly about the future you are trying to create?

A large area of dotted lines for writing.

Continue Your Journey

Thank you for taking the time to reflect on the goals, intentions, and directions that feel most important to you right now.

Goals are not meant to become pressure, constant comparison, or impossible expectations you must perfectly achieve.

They are simply tools that can help bring greater clarity, focus, direction, and intention into your life over time.

Some of the goals you explored may already feel deeply motivating and aligned. Others may still feel uncertain, evolving, or connected to areas of life that need more reflection and understanding.

Small moments of clarity and intentional action can begin to shape meaningful change over time.

If something in these pages resonated with you, you may want to continue exploring the broader Self-Growth Journey Blueprint, along with additional guided workbooks and reflective resources available through SGJ.

Take what feels helpful.
Leave what doesn't.
Return whenever you need to.

Explore the Full Blueprint:

sgjourney.life/blueprint

Additional printable tools, planning pages, and guided growth resources are available online.

selfgrowthjourney.life