



Self-Growth Journey

Heart

Body

Life

Mind

Creating the Amazing Life That You Deserve

This worksheet is a part of the
Self-Growth Journey™ Program.

To read more about the program or to
download the full package, visit:

<https://iulianionescu.com/self-growth-journey/>



Instructions

1. Start from your **Audacious Goals**. These are goals derived directly from your Vision Statements. Each goal should be **big** and life-long.
2. Next, move to the **Long-Term Goals**. These are derived from your Audacious Goals and should represent steppingstones for them. These are goals you will accomplish in more than one year.
3. Lastly, focus on **Short-Term Goals**. These derive from the first two. The S/T goals are your biggest goals for the next 12 months. Limit them to less than five—ideally, a maximum of three for better focus.
4. Complete a Goal Commitment Worksheet and a Goal Validation Worksheet for each of your short-term goals.

***Note:** Don't agonize too much about creating the "perfect goals." Just go with your gut, and you will adjust along the way. It's more critical to get started than to create the perfect start.*



Your Audacious Goals (life-long)

Audacious Goal #1 _____

Audacious Goal #2 _____

Audacious Goal #3 _____

Audacious Goal #4 _____



Your Audacious Goals (life-long)

Audacious Goal #5 _____

Audacious Goal #6 _____

Audacious Goal #7 _____

Audacious Goal #9 _____



Your Long-Term Goals (1+ years)

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)

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, _____, commit to working as hard as I can to complete these goals over the next twelve months. I will be disciplined, organized, and focused, and I will make sure that all my goals are achieved by their target dates.

Date

Signature



Short-Term Goal Commitment Worksheet

#1 Goal: _____

Why is it important to you?

.

What bad things will happen if I don't do this?

.

.

What great things will happen if I do this?

.

.

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

Who is my trusted partner in this?

.

.

If I accomplish this, I will reward myself:



Short-Term Goal Commitment Worksheet

#2 Goal: _____

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

What bad things will happen if I don't do this?
.....
.....

What great things will happen if I do this?
.....
.....

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

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

If I accomplish this, I will reward myself:



Short-Term Goal Commitment Worksheet

#3 Goal: _____

Why is it important to you?

.

What bad things will happen if I don't do this?

.

What great things will happen if I do this?

.

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

Who is my trusted partner in this?

.

If I accomplish this, I will reward myself:



Short-Term Goal Validation Worksheet

#1 Goal: _____

Attribute	Check	Explain
Specific	<input type="checkbox"/>	
Realistic	<input type="checkbox"/>	
Measurable	<input type="checkbox"/>	
Controllable	<input type="checkbox"/>	
Challenging	<input type="checkbox"/>	
Timed	<input type="checkbox"/>	
Ethical	<input type="checkbox"/>	
Positive	<input type="checkbox"/>	



Short-Term Goal Validation Worksheet

#2 Goal: _____

Attribute	Check	Explain
Specific	<input type="checkbox"/>	
Realistic	<input type="checkbox"/>	
Measurable	<input type="checkbox"/>	
Controllable	<input type="checkbox"/>	
Challenging	<input type="checkbox"/>	
Timed	<input type="checkbox"/>	
Ethical	<input type="checkbox"/>	
Positive	<input type="checkbox"/>	



Short Term Goal Validation Worksheet

#3 Goal: _____

Attribute	Check	Explain
Specific	<input type="checkbox"/>	
Realistic	<input type="checkbox"/>	
Measurable	<input type="checkbox"/>	
Controllable	<input type="checkbox"/>	
Challenging	<input type="checkbox"/>	
Timed	<input type="checkbox"/>	
Ethical	<input type="checkbox"/>	
Positive	<input type="checkbox"/>	