

Goal Setting Worksheet

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Week of:

BE EMPOWERED | BE CONFIDENT | BE YOURSELF

Goals:

Action steps:

Planned Date of Completion:

Date Completed:

Goals:

Action steps:

Planned Date of Completion:

Date Completed:

Goals:

Action steps:

Planned Date of Completion:

Date Completed:

Goals:

Action steps:

Planned Date of Completion:

Date Completed:

List completed goals at the end of the week: (***) It is okay if you don't achieve all of your goals, a baby step is still a step forward.)

What can you do next week to get more done?