



## GOAL SETTING ASSESSMENT: How Clear Are You?

**“What you get by achieving your goals is not as important as what you become by achieving your goals.” Henry David Thoreau**

1. What are the top 3 goals I would like to achieve in the next 12 months?

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2. What are 3 actions I have taken towards my goals in the past 2 weeks?

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3. What are 3 habits I need to change or develop in order to achieve my goals?

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4. How many times have I reviewed my goals daily, weekly, and monthly?

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5. What are 3 motivation strategies I use to stay on track?

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6. Who are the 3 greatest influences in my life right now?

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7. Who are 3 energy stealers in my life?

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8. What am I most passionate about?

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9. What are the 3 roadblocks or obstacles in the way of achieving my goals?

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10. What are 3 action steps I can take to overcome them?

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11. What am I afraid of when it comes to setting goals?

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12. How will I feel when I achieve my goals?

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13. How many books have you read in the past 3 months? What are their titles?

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14. What would I like my life to look like in the next 3 years?

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15. What would I like my life to look like in the next 5 years?

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**“If you go to work on your goals, your goals will go to work on you. If you go to work on your plan, your plan will go to work on you. Whatever good things we build end up building us.”**

**Jim Rohn**

