



TRIMASTERS COACH

GOAL SETTING WORKSHEET

www.trimasterscoach.com

Goal-setting is a powerful exercise. When you write down your plans, they have a way of becoming reality. This goal-setting worksheet will help you define what's important to you.

Dream Goals (Out there on the distant horizon):

Long-Term Goals (Work towards next 1-4 years):

Process Goals (Help you reach your long term goals):

Action Goals (Daily workouts goals create focus in workout)



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What's Most Important?

List your three most important goals:

1.	
2.	
3.	

What Could Get in My Way?

List some obstacles to accomplishing your goals:

What Actions Do I Take to Meet My Goals?

What resources will you need?

How Can You Overcome Obstacles?