



With Mark Mirkovich

Goal Setting Worksheet

Goals should be S.M.A.R.T. - Specific, Measurable, Agreed-upon or Agreed-upon, Realistic, and Time-based.

Goals should be set in each of the areas below to ensure balance in your life. Write out a goal for each in the space provided

1. Financial/Income/Debt Reduction/Investments/Net Worth: _____

2. Business/Profession/Career: _____

3. FunTime/Recreation/Sports/Hobbies/Travel: _____

4. Health/Fitness/Physical: _____

5. Relationships/Family/Friends/Business: _____

6. Person/Project/Learning/Purchases: _____

7. Contribution/Service/Community/Legacy: _____

Process goals are action steps which get you closer to the achievement of your goals. In each of the areas below, write 1 process goal which can be achieved within 7 days and 4 additional process goals which will help support the final goals which you listed above.

- Financial/Income/Debt Reduction/Investments/Net Worth

1. _____
2. _____
3. _____
4. _____
5. _____

- Business/Profession/Career

1. _____
2. _____
3. _____
4. _____
5. _____

- Fun Time/Recreation/Sports/Hobbies/Travel

1. _____
2. _____
3. _____
4. _____
5. _____

- Health/Fitness/Physical

1. _____
2. _____
3. _____
4. _____
5. _____

- Relationships/Family/Friends/Business

1. _____
2. _____
3. _____
4. _____
5. _____

- Person/Project/Learning/Purchases

1. _____
2. _____
3. _____
4. _____
5. _____

- Contribution/Service/Community/Legacy

1. _____
2. _____
3. _____
4. _____
5. _____

A Breakthrough Goal is a type of goal, that if achieved, would catapult you to a new level of achievement or success. This breakthrough goal may seem like it is too far out of reach and unrealistic, but this is where you would take a leap of faith and push yourself out of your comfort zone to achieve it. Jim Rohn said “You want to set a goal that is big enough that in the process of achieving it you become someone worth becoming”.

My Breakthrough Goal is

Share Your Goals – it has been proven that if you write your goals down, share them with someone else, and offer updates on your progress regularly, you will be nearly 75% more likely to achieve your goal. Find someone who you can use as an accountability partner and share your goals with them. This will create an environment where you are more likely to be successful with the goals that you have set!