



Worksheet: 10 Steps to Set Good Goals

<p>(1) The Big Goal <i>What is your vision or dream?</i> <i>Timeframe: 3 months or more.</i></p>	
<p>(2) Long-term goals <i>Timeframe: 1-3 months</i></p>	
<p>(3) Short-term goals <i>Timeframe: 1-3 weeks</i></p>	
<p>(4) Baby steps <i>What can you do today? Each day this week?</i></p>	
<p>(5) Environment <i>How can you set things up to make your behavior easier?</i></p>	
<p>(6) People <i>How can other people make it more engaging? Help with willpower?</i></p>	
<p>(7) Importance <i>Why is this important to you?</i> <i>How do you want to feel?</i></p>	
<p>(8) Identity <i>How does this behavior reflect who you are?</i></p>	
<p>(9) Reward <i>How can you make this more enticing?</i></p>	
<p>(10) Habit <i>What existing behavior will anchor it? e.g., "When I X, I'll do Y."</i></p>	