

# Goal Brainstorming Worksheet

## Let's Achieve Our Dreams!

Hey there it's me Sophie from [sophobsessed.com](http://sophobsessed.com) I blog about my life and the ups and downs of being a parent/wife/woman/dog owner & friend. I'm big on goal setting which is why I guess you are here. I'd say my life is pretty much in a good



place right now - but it hasn't always been this way. In fact, I was at the lowest point I think anyone can ever get in life back when I was 21. I knew at that moment when I was lying in bed thinking of all the reasons it would be better to not be alive, that I had a choice. I got up, got serious, created 'The Five Plan' and went out there and kicked some butt!

We've all been there. Set a bunch of goals and intentions with such enthusiasm but then it fizzles out and time elapses and we haven't achieved what we set out to do. Sometimes this is because our goals change and we choose a different path. That happens. Mostly though it's the way we tackle goal setting in the first instance.

I hope this Goal Brainstorming Worksheet helps get you clear about your goals and is the beginning of a wonderful goal setting journey. Are you ready to get serious about goal setting and take the first step towards achieving your goals?

Love as always,

Sophie

## Let's Get Serious!

Just like Noah said to Allie in *The Notebook*:  
"What do YOU want? WHAT DO YOU WANT?"  
So... What do you want?

Describe where you want to be in your life?  
Consider where you want to live, your career, relationships & friendships, etc

## Break It Down

How can you make this happen? What do you need to do? What steps do you need to take?

Figure out what you need to do in order to achieve your desire. **HINT: These are your goals!**

Think about courses you need to take, things you need to achieve in order to make the end desire happen...

## Get Realistic

How long will it take you to achieve? Don't be too harsh but don't give yourself too much grace either!

Take each of your now 'goals' and figure out if they are daily, weekly, monthly or yearly goals.

## Make It Happen

Goals aren't magic they don't achieve themselves now you have a plan a time scale add in some determination and make them happen.

Write each goal in this box once you have achieved it!

If you enjoyed this taste into 'goal setting like a pro' don't forget to check out [The Five Plan](#) so you really can have the help you need to achieve your dreams

Did you find this Goal Brainstorming Worksheet useful? If you did you can [share the love by tweeting about it here.](#)

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