

● LIFE PLANNING · GOALS

Goal-Setting Worksheet

Turn a value into a goal you'll actually reach.

A guided worksheet from VoiceFirstPlanner



FREE

A goal is a value with a deadline. Use this sheet to turn one thing you care about into a goal you'll actually reach — then into a step you can take this week.

1 · The goal

Specific and measurable — you'll know the moment it's done.

2 · Why it matters

Which of your values does this serve? This is the fuel for when motivation dips.

3 · Deadline

A goal without a date is just a wish. When will it be done?

4 · Outcome vs process

The result you want, and the repeatable action that gets you there.

Outcome

Process habit

5 · Milestones

Three checkpoints between today and done.

6 · The next action

The one physical thing you can do this week to start.

Speak your goal — and watch it land on your plan.

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