

# Goal Setting Worksheet

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Reaching your goals doesn't happen by accident, it takes planning and a daily commitment. Use this worksheet to develop a track for success and stay accountable.

Today's Date:

Check-In Date:

End Date:

**Goal (be as specific as possible):**

Example: I will double my social media following over the next 12 months

**What is the benefit? How will accomplishing this goal serve you?**

Example: Increasing my followers will develop a relationship with new and existing clients and encourage brand loyalty

**What obstacles could hinder your progress?**

Example: I feel unsure about what to post, or avoid taking time out to accomplish making content

## I will take the following steps / use these tools:

Example: I will post twice a week, and track engagement to see what content my followers respond to

## I will commit this specific time to this goal:

Example: I will set aside a block of time on Monday morning to create content for the week

## How will I keep myself accountable?

Example: I will choose an accountability partner and check in with them once a week

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