



## Bonus Long-Term Goal Setting

If you enjoy setting goals, and want to spend more time on this, here's an additional tip and a simple template for breaking down big goals into actionable steps.

Sometimes it can be helpful to work in the opposite direction, to help you think bigger about what may be possible with consistent learning and practice.

Ultimate goal:

Five year goal:

One year goal:

Six month goal:

One month goal:

What you'll do this week:

What you'll do today:

*\*Be sure to complete the habit worksheet to help clarify these last two*

*\*If a particular goal seems to always elude you, and you've done the steps above, then ask yourself... "Is this really something that is important to me?" "Is this truly a priority?"*