



begin with the end in mind  
**what do you want?**

# goal cycle weekly goals worksheet

## long term BIG GOALS

## target date

- |          |       |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |

What went well this week? What did I accomplish?

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What challenges did I face?

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How did I overcome those challenges?

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## this week 5 goals

## target date

## done

- |          |       |                          |
|----------|-------|--------------------------|
| 1. _____ | _____ | <input type="checkbox"/> |
| 2. _____ | _____ | <input type="checkbox"/> |
| 3. _____ | _____ | <input type="checkbox"/> |
| 4. _____ | _____ | <input type="checkbox"/> |
| 5. _____ | _____ | <input type="checkbox"/> |

What did I learn?

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What will I do differently next week?

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