



Mother Gaia's Wellness

Your Guide through Change

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GOAL PLANNING WORKSHEET

Write Your Desired Outcome Below	What does the outcome include? State three specifics.
	1.
	2.
	3.
What is your first step?	What are three things that must be done to complete this step?
	1.
	2.
	3.
What is your next step?	What are three things that must be done to complete this step?
	1.
	2.
	3.
What is your final step?	What are three things that must be done to complete this step?
	1.
	2.
	3.
How long will it take for you to complete this goal?	