



*The Guide for Websites & Social Media*

## Achieve Your Goals Worksheet

The solution to your challenge becomes your goal. Writing down the benefits, steps and deadline motivates you. The affirmation enforces your plans.

<u>Challenge</u>	<u>Solution</u>	<u>Benefits once achieved</u>	<u>Steps to achieve it</u>	<u>Deadline</u>	<u>Affirmation</u>