Goal Setting Worksheet

Name	Date
Alyssa Sosa	1 February 2023

Category	Short-term goal	Medium-term goal	Long-term goal
Family & Relationships	Take my partner on a romantic date at least once a month	Go on an international trip with my partner	Backpack through Southeast Asia with my partner for one month
Career	Meet my work quota for this quarter	Get a promotion or move to a higher-level job	Head a company's sales department
Finances	Save at least $500 monthly	Save for a house down payment	Pay off any mortgages I have
Behavior	Start meditating at least 10 minutes a day to control my control stress	Become more relaxed by integrated meditation and other practices in my daily schedule	Do better at handling my stress by being more open and asking for help
Learning	Learn how to use Google Analytics	Get a Masters degree in digital marketing	Leverage my new skills and degree to move up in my career
Health	Run 5km three times a week	Run half a marathon	Run a marathon at least twice a year
Other (specify here):	Time management Wake up 10 minutes earlier than I used to so I don't have to be always running late	Time management Allot specific hours for daily and weekly chores to have more time to relax	Be consistent with managing my time by staying on top of all my tasks and keeping track of my progress