

SET YOUR GOAL IN WRITING

Capturing your thoughts and feelings before you begin clarifies your ambition and mentally prepares you for what's ahead. It's also a touchstone to refer back to as you make progress.

What is your goal?

I want to:

by this date:

This is important to me because:

Achieving this will improve my life in these ways:

Thinking about my goal makes me feel (circle all that apply)

| | | | |
|----------|----------------|-----------|---------------|
| CONFUSED | DETERMINED | DEPRESSED | EMBARRASSED |
| | ENERGETIC | ENVIIOUS | EXCITED |
| FOOLISH | HAPPY | HOPEFUL | INADEQUATE |
| | INSPIRED | IRRITATED | MISERABLE |
| NERVOUS | OVERWHELMED | PROUD | SCARED |
| | SELF-CONSCIOUS | SILLY | UNCOMFORTABLE |

What do I have to give up or change to pursue this goal? (select all that apply and specify)

- time _____
- money _____
- social opportunities _____
- travel _____
- other _____

What other goals or plans will I put on hold in pursuit of this?

What do I think I'll need to pursue of this goal? (select all that apply)

- help from someone else (how so?) _____
- equipment (how so?) _____
- a plan (how so?) _____
- other (how so?) _____

ADJUST AS NEEDED

Two to three weeks into pursuing your goal, you're naturally going to learn stuff that calls for you to adapt. This worksheet helps you think that through.

1. In pursuing my goal, I've realized this:

This was a surprise? yes no

Why is that?

How will you adjust?

2. My expectations:

Feel about right.

Are too much. I need to cut back on:

Are too narrow. I need to rev up:

I'm now feeling this way about my goal (circle all that apply)

| | | | |
|-------------|-----------|-------------|-------------|
| AMAZED | LOVING | ANGRY | INADEQUATE |
| COMFORTABLE | MOTIVATED | ANXIOUS | LONELY |
| CREATIVE | PEACEFUL | BORED | MISERABLE |
| DETERMINED | POWERFUL | DISGUSTED | OVERWHELMED |
| EAGER | PROUD | EMBARRASSED | REJECTED |
| ENERGETIC | RELIEVED | ENVIIOUS | SAD |
| EXCITED | THANKFUL | FRUSTRATED | SCARED |
| HAPPY | IMPORTANT | HURT | SHOCKED |

How have your emotions shifted since you first started working on your goal?

What is contributing to this shift?

How can you adjust to overcome negative emotions or supercharge positive ones?

KEEP GOING

Congratulations! You're a month closer to reaching your goal. You've probably learned a lot about what it will take to finish your task. So let now be a good time to plan for the long haul!

1. List the tasks or achievements you still want to get done:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Now number each item in the order you think they need to be done.

2. What habits (new or old) are helping you?

What habits (new or old) are getting in your way?

How might you minimize the habits blocking you?

3. Has pursuing this goal encouraged you to try even more in this area?

- Yes.** Exciting!
- No.** That's fair. One thing at a time.

If you answered yes above, let's get a head start and write down some future goals.

Now that you've given your goal a test run, do you think it's still the right goal for you?

- Yes**
- No**

Write down your thoughts.

If you answered "Yes"...

What's the next step?

If you answered "No"...

Print out a new "Set Your Goal in Writing" worksheet (unstuck.com/goalsworksheet) to think this new goal through.

WORK TO YOUR ADVANTAGE

UNSTUCK
30-Day Habit Builder

A feel-good confidence builder
to keep you going

It's way too easy to talk ourselves out of trying something new. Before you're even tempted, let's call out the strengths that give you a leg up on the challenge.

1. Think of a goal you've already accomplished.

Write down the skill(s), talent(s), or circumstances that made it easier for you to get it all done.

next...

2. Think about your new goal.

From the list to the right, check any strengths you have that will help you achieve your ambition. Then write down how this will help you for each that you selected.

STRENGTHS

HOW WILL THIS HELP YOU?

- Adaptable**
- Artistic**
- Big-picture thinker**
- Calm**
- Coming up with ideas**
- Curious**
- Detail-oriented**
- Determined**
- Disciplined**
- Empathetic**
- Healthy**
- Know a lot of people**
- Open-minded**
- Organized**
- Outgoing**
- Patient**
- Problem-solver**
- Sense of humor**
- Strong support system**
- Trustworthy**
- Other:**
- Other:**