



Take
small steps
every day
& one day
you will get
there

www.spring-coaching.co.nz



My goal is...

I want to achieve this goal because...

Today I will...

...which will take me closer to my goal.

Next week I will...

...which will take me even closer to my goal.

Next month I will...

...which will take me closer still to my goal.

By the end of the next month I will have achieved...

I am going to share this goal worksheet with...