



## THRIVE Goal Setting Worksheet

**Major Life Area this Goal Supports:** \_\_\_\_\_

(God, Career, Community, Family, Finances, Health, Personal Growth or another of your choosing)

**Your THRIVE theme for this year** \_\_\_\_\_

**Make sure your Goals are:** “SMART”

- **Specific** (Initially, it may be vague. By the time you fully state the goal, it must be crystal clear.)
- **Measurable** (How will you measure your progress to ensure you are on track?)
- **Attainable** (You can DO something about it! Is it within your control? Is it realistic?)
- **Relative** (The goal should support your values.)
- **Time-Bound** (Have a stated deadline.)

**Write Your SMART Goal Here** (after working through the thought provoking items below):

### Motivation

<b>WHY you want this goal</b> (the 'outcome's you are looking for)	
<b>The BIG Benefit</b> (of achieving goal)	
<b>What is the PAIN?</b> (of not achieving the goal)	
<b>Values</b> (how does this goal support your top life values?)	
<b>How does this goal support your theme for this year?</b>	

### Obstacles

<b>What is the primary obstacle that MUST be dealt with to achieve this goal?</b>	
<b>Other obstacles to success</b> (what things to you want to keep top of mind that could impact achieving your goal?)	

**Resources** (things, people, personal qualities, information, knowledge, skills, finances, etc.)

<b>Resources available</b>	
<b>Resources needed</b>	

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### Work Plan:

In the beginning, you may not be able to put more than a couple of items on your work plan. That is not a problem! The required tasks will continue to become clear and unfold as you progress. Start with what you have and know now. The important thing is to get started!

Task	Owner	Due Date	Comments

**Journal** - (mandatory? NO. helpful? ABSOLUTELY): It is extremely helpful to journal. Journaling provides an outlet to inventory how you are spending your time, money and other resources.

- Journaling is a tremendous tool for developing, enhancing and restoring relationships.
- It helps you assess if you are making progress in the areas of life that are vitally important to you.
  - If you are making good progress, journaling helps you to see that, give yourself credit and is an encouragement to you on other goals.
  - If you are not making good progress, journaling helps you to evaluate why - not beat yourself up, but rather, see clearly what has been going on and what you need to change to get on track and stay on track.
- How often to journal? Daily, at the end of the day or first thing in the morning for the previous day is best. Things are very fresh in your mind and there's no guessing. If daily is not realistic, try for every 2-3 days.
- Final note - journaling should NOT be viewed as "one more thing" on your to-do list. Rather, it is a life tool that will help you on your journey to success. (I have a handout on journaling. If you would like it, please email me at [info@debbieluxton.com](mailto:info@debbieluxton.com))

