My Goal Map

Choose a goal that is really yours, then make it clear enough to act on.

Name: _____ **Date:** _____

1 Why this goal

The life area, and the reasons behind it

Life area (work, health, money, people, home, growth): _____

Why it matters to me: _____

My reasons. Tick all that are true:

- ☐ I enjoy it or find it interesting
- ☐ It fits what I care about
- ☐ Someone else wants it for me
- ☐ I would feel guilty or ashamed if I did not

Mostly ticks in the top row? Good sign. Mostly the bottom row? Can I find my own reason, or a different goal?

2 The wish and the real obstacle

Picture the best outcome, then the main thing inside me that gets in the way

My wish, in a few words: _____

The best outcome, if it came true: _____

My main inner obstacle (a habit, feeling or belief): _____

3 Make it specific

Clear enough that a friend could tell whether I did it

My goal, exactly: _____

How I will measure it: _____

By when: _____

Why it is in my control: _____

How hard, 1 to 10 (aim for a stretch I can reach): _____

Who or what can help: _____

My very first step: _____

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My Goal Action Plan

Plan for the moments that usually knock me off track.

Name: _____ **Date:** _____

1 My if-then plans

If a set situation or obstacle shows up, then I do one set action

If (when, where or what gets in the way)	Then I will
If	
If	
If	

My first step in the next 48 hours: _____

2 Eight week progress tracker

Write it down once a week. Recorded progress helps more than remembered progress.

Week	What I did	Progress (0 to 10)
Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		

Who I will share my progress with: _____

3 Review: keep, adjust or let go

At the end, or when I am stuck for two weeks in a row

- ☐ Keep going
- ☐ Adjust the goal or the plan
- ☐ Let it go, on purpose

What I learned: _____

What I will change next time: _____

Good to know

1. Not a test or a diagnosis. It gives no score.
2. One goal at a time works better than ten. Small steps still count.
3. Letting go of a goal that no longer fits is a decision, not a failure.
4. If low mood or hopelessness makes every goal feel impossible, bring this page to a therapist or doctor.

In the US: call or text 988 in a crisis. In immediate danger, call 911.

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