

# Set & Track Your Goals Worksheet



**“A Powerful Tool to Turn  
Your Ideas into Reality.”**

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# Welcome to Your Goal Setting & Tracking Worksheet

Setting clear goals and tracking your progress is a powerful way to turn your dreams into reality. This worksheet is designed to guide you through the process of defining your goals, breaking them into actionable steps, and celebrating your achievements.

Whether your goals are related to your personal life, career, health, or creativity, this tool will help you gain clarity, stay motivated, and reach your desired outcomes. Remember, progress is progress, no matter how small. 🌸



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# Tips for Using the Set & Track Your Goals Worksheet

- **Be Specific:** Clearly define your goals with measurable outcomes.
- **Break It Down:** Divide big goals into smaller, manageable steps.
- **Set Deadlines:** Give yourself target dates to stay focused.
- **Reflect Regularly:** Review your progress weekly and adjust if needed.
- **Celebrate Milestones:** Recognize your achievements along the way. 🌸



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# Set & Track Your Goals Worksheet



## STEP 1 : DEFINE YOUR GOALS

**“Setting goals is the first step in turning  
the invisible into the visible.” — Tony  
Robbins**

- What is your big goal? →

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- Why is this goal important to you?

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- What will achieving this goal bring to your life?→

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## **STEP 2: BREAK DOWN YOUR GOALS INTO ACTIONABLE STEPS**

**“The secret of getting ahead is getting started.” — Mark Twain**

- What are the key steps needed to achieve your goal? \_\_\_\_\_

- → \_\_\_\_\_

- → \_\_\_\_\_



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- What resources or support do you need? \_\_\_\_\_

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## **STEP 3: CREATE A TIMELINE & TRACK PROGRESS**

### **“Progress, not perfection.” — Unknown**

- What is your target completion date?
- → \_\_\_\_\_
- Milestones:
- Milestone 1: \_\_\_\_\_  
(Due Date: \_\_\_\_\_)
- Milestone 2: \_\_\_\_\_  
(Due Date: \_\_\_\_\_)
- Milestone 3: \_\_\_\_\_  
(Due Date: \_\_\_\_\_)



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- Weekly Check-In:

- What progress have you made this week?

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- What challenges did you face? How can you overcome them?

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- What adjustments will you make moving forward?

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## **STEP 4: REFLECT & CELEBRATE**

**“Celebrate what you’ve  
accomplished, but raise the bar a  
little higher each time you succeed.”**

**— Mia Hamm**

- What have you achieved so far?

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- How do you feel about your progress?

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- What can you celebrate today?

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## Final Thoughts

**“Every step you take toward your goals is a victory.**

**Celebrate your progress, learn from your challenges, and keep moving forward with courage and grace. You are capable of extraordinary things.”**

**— The Mibosma Team** ❤️

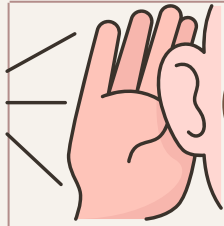


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## We'd Love to Hear From You!

- Have you achieved something amazing using this worksheet? We'd love to celebrate your success and learn how this tool has supported your journey.
- Please share your experience with us by visiting: [www.mibosma.com/contact](http://www.mibosma.com/contact) or tagging us on social media @mibosma.



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Explore our collection of free coaching  
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- Gratitude Prompts for daily positivity.
- Weekly Reflection Sheets for tracking progress.
- Habit Trackers to build consistency.
- Emotional Clarity & Journaling Prompts for deeper insight.

Visit: [www.mibosma.com/tools](http://www.mibosma.com/tools) to  
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