

Your Goals Guide

Fill out this worksheet to take steps toward success.



Once you have identified your [true goal](#), outline your next steps and maintain your motivation. Use this worksheet to help you achieve your aims in 2025.

Remember, choose steps that feel manageable to maximize your motivation. Remaining curious will ensure you keep growing and learning.

True Goal

Skills or knowledge I need to acquire:	What is holding me back?
<ul style="list-style-type: none">•••	<ul style="list-style-type: none">•••

What are some key focus areas for my goal?	Micro-actions:
<ul style="list-style-type: none">•••	<ul style="list-style-type: none">•••

How will I track my progress?

What more do I want to learn to stay motivated?