

# Goal Setting Sheet

The following questions will help you set clear goals and get you motivated to succeed in 2017!  
Get in touch with me if you need support at [avakyte@avakyte.com](mailto:avakyte@avakyte.com)

**1. What is your goal? What do you want to achieve?**

**2. Why is it important for you to achieve this goal? How would you feel if you achieved it?**

**3. How will it change your life?**

**4. How will it change your relationship with yourself?**

**5. How will it change your relationship with others?**

**6. What would happen if you did not achieve it? What would you lose out on short and long term?**

**7. What would you give up for this goal?**