

# RESEARCH YOUR GOAL WORKSHEET

GOAL

01

Ideal Me S.M.A.R.T Goal:

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**Who Do You Know In Your Life Who Has Achieved This Goal Before?**

Person 1: \_\_\_\_\_

Person 2: \_\_\_\_\_

Person 3: \_\_\_\_\_

**Which Blogs Or Websites Share Information On Accomplishing This Goal?**

Blog/ Website 1: \_\_\_\_\_

Blog / Website 2: \_\_\_\_\_

Blog / Website 3: \_\_\_\_\_

**Do you have the knowledge you need to properly form a plan for achieving this goal?**

Yes     Not Yet

**If no, what questions would you ask someone who has accomplished this goal before to help you form a plan?**

Question 1: \_\_\_\_\_

\_\_\_\_\_

Question 2: \_\_\_\_\_

\_\_\_\_\_

Question 3: \_\_\_\_\_

\_\_\_\_\_