

Name:

Date:

My Age:

## Long-Term Goal Planning Worksheet

### My 1-Year Goal

What is one big goal I want to achieve this year?

Why is this goal important to me?

How will my life improve after reaching this goal?

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My Goal Category:

Education

Health

Personal Growth

Sports

Creativity

Financial Goal

Other: \_\_\_\_\_

Draw or describe your future success:

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## **My 5-Year Dream**

Where do I want to see myself in 5 years?

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What kind of person do I want to become?

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What are my biggest dreams for the future?

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What inspires me to keep working hard?

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My Future Vision Statement:

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# Skills I Need

What skills do I need to achieve my long-term goals?

Leadership

Communication

Reading

Writing

Time Management

Problem Solving

Confidence

Creativity

Responsibility

Other: \_\_\_\_\_

Which skill should I improve first?

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How can I practice these skills every day?

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Who can help me learn and grow?

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# Action Plan Timeline

Timeline	Action Step	Target Date
January		
February		
March		
April		
May		
June		
July		
August		
September		
October		
November		
December		

My Daily Habits For Success:

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One thing I will start doing today:

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## Challenges & Solutions

What challenges might stop me from reaching my goals?

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What solutions can help me overcome these challenges?

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What should I do when I feel unmotivated?

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My Support Team:

Examples: Parents, teachers, friends, coach, mentor

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# Progress Milestones

Milestone	Completed
Started my goal journey	
Improved a new skill	
Stayed consistent for 1 month	
Reached an important milestone	
Achieved my main goal	