

GOAL SETTING WORKSHEETS FOR PERSONAL GROWTH

A Practical & Spiritual Guide to Achieving Your God-Given Potential

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Goal Setting Worksheets for Personal Growth

This workbook is designed to guide you step-by-step as you clarify your goals, break them into actionable tasks, and track your progress daily, weekly, and monthly. Use each worksheet intentionally and prayerfully as you grow in discipline, purpose, and spiritual maturity. Remember, personal growth is not a race, it is a daily journey.

1. Vision Clarity Worksheet

This page helps you think deeply about your future. The clearer your vision, the easier it becomes to set goals that truly matter. Take your time with these questions and write honestly. Your answers do not need to be perfect.

- What do you want your life to look like in the next 1, 3, and 5 years?
- What values matter most to you?
- What habits do you want to start or stop?

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2. Goal Breakdown Worksheet

Biggoals become easier when brokeninto smaller steps. Use this table to plan your actions for 30 days. Each row can represent one day, one task, or one milestone. The more detailed you are, the easier it becomes to take consistent action.

Main Goal	Action Step	Start Date	Deadline	Notes

3. Monthly Goal Planner

Writeyour top 3 goals for the month. Under each goal, list the steps you will take to achieve it. This helps you stay accountable and prevents overwhelm.

Goal 1:		
Steps to Achieve:		
	 	
	 	
	 	
	 	
Goal 2:		

Steps	to	Achieve
Goal 3:		
Steps to Achieve:		

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4. Weekly Action Plan

Plan your weekwithintention. Write what you need to do each day to stay aligned with your goals. Small actions done consistently produce big results.

Monday	
	
Tuesday	
Wednesday	
Wednesday	
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Thursday	
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Friday	

		_	
Saturday			
Saturday			
		 _	
Sunday			
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5. Daily Habit Tracker

Usethistrackertomonitorhabits that move you closer to your goals. Tick each day you successfully complete a habit. Consistency builds transformation.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Remember, growth is a continuous journey. Review these worksheets often, celebrate your progress, and keep pressing forward. Your future requires your discipline today.