

GOAL SETTING WORKSHEETS FOR PERSONAL GROWTH

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

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?

Write your thoughts in the large space below. Reflect deeply on what kind of person you want to become and the lifestyle you desire. This forms the foundation of your future goals.

4. Weekly Action Plan

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

5. Daily Habit Tracker

Use this tracker to monitor habits 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

Remember, growth is a continuous journey. Review these worksheets often, celebrate your progress, and keep pressing forward. Your future requires your discipline today.