

Goal Setting Worksheet

Use this worksheet to define, break down, and track a meaningful goal across your 30-day learning journey. Consider both personal and professional goals that align with your growth path.

1. Define Your Goal

What do you want to achieve by the end of 30 days?

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2. Why This Goal?

Why is this goal important to you right now?

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3. Start and End Dates

Start Date: _____ End Date: _____

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4. Weekly Milestones

Break your goal into 4 weekly checkpoints or sub-goals.

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5. Daily Commitment

What small actions will you take each day to work toward your goal?

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6. Success Indicators

How will you measure success? What does progress look like?

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7. Obstacles and Solutions

List potential barriers and strategies to overcome them.

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8. Reflection

Each week, reflect on what worked, what didn't, and what you'll adjust.

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