

Goal Worksheet For: _____

Theme for 2026: _____

INSTRUCTIONS: Begin with the END in mind - Start with your WHY. Why do you do what you are doing? What outcome will matter at the end of this day, week, month and year? What is this based on? Does this support the mission of your life, career, or business? Ideas: Work, Family, Personal life, Spiritual, Health, Finances (use whatever is important to you)

Priority	Why is this important?	Based on?	What will be the result?

For each priority list up to 3 goals for the week:

Priority One	
Goal	Action Steps to Reach Goal

Priority Two	
Goal	Action Steps to Reach Goal

Priority Three	
Goal	Action Steps to Reach Goal

Daily Progress Tracker

DATE: _____

Complete this for each day tracking progress throughout the day.

Priority _____			
	Goal	Action Today	√
8am			
9am			
10am			
11am			
12n			
1pm			
2pm			
3pm			
4pm			
5pm			
6pm			

Suggestion: Pick one goal from each area of your life, Personal, Family, Spiritual, Vocation and Community. List them by greatest importance to least. Make your goals known to 2-3 significant people who can hold you accountable and help you stay motivated to reach your goals. Seriously consider working with a coach like Michael Pfau. Fortune magazine states that working with a professionally trained coach leads to a 77% greater chance of success than working without a coach.



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