

Name:

Date:

Goal Mapping Pre- Planning

With every successful goal, there is a successful plan. As you prepare for your Goal Mapping Session, please complete the following prompts to better guide your journey to accomplishing your personal and business goals. Please read each prompt and complete them thoroughly. Remember to be specific and clear with each response, as we will refer to this worksheet to continue to identify your goals, and plan for a successful execution!

*** Note, please use additional paper if more space is needed to completely answer the prompts listed below.**

Prompt	Response
What: What are the goals you have in mind for your future? What kind of changes do you want to make for the betterment of your livelihood/ business?	
Why: Why is it important to accomplish your goals? What would it mean for you to make the life changes that you've identified for yourself?	

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How: What steps do you plan to take to help you accomplish your goals?

Who: What people are in your network to help you reach your goals? What role do they play?

When/Where: How will you know you have reached your goal? When you have reached your goals, what would life look like?

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Barriers: What are some things that could interfere with you accomplishing your goals?

Tools: What will you do if your plan isn't working? What tools will you use to keep/return your focus on your goals?