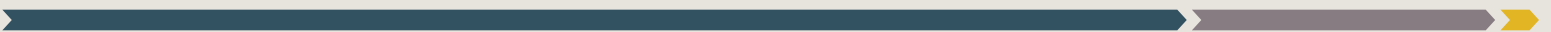


Goal Setting

FOR LIFE POST-DIVORCE

hello divorce.



Goal Setting for Life Post-Divorce

WORKSHEET

1. My goal is focused on (circle all that apply):

Self Improvement

My Kids

Finances

Career

Other

2. This is what I want to achieve/do: _____

TIP

*Is your goal SMART? (Specific, Measurable, Attainable, Realistic, Time-Bound)
You'll find goal planning to be a lot easier and more attainable if your goal fits these criteria.*

3. Why did you pick this goal? Why is it so important to you to achieve it?
(This is your WHY.)

4. By when do you want to achieve your goal? _____

5. Who (besides you) has the power to help you meet this goal?
(This is your support person/network.)

6. How can this person help you meet your goal? _____

7. Step back and look at the big picture. What steps do you need to take to meet your goal?

EXAMPLE

GOAL: *I want to treat myself to a vacation in Italy before New Year's.*

1. Estimate the cost of the trip » 2. Design a savings plan to help you set aside the funds you need » 3. Select city and trip dates » 4. Request time off work » 5. Book flight, hotels, activities » 6. Arrive in ITALY!!

8. Review all the steps you just listed. Now think back to question 5. Which steps can the person you listed help you achieve? How?

Step How my support person can help

9. Is there anything that might prevent you from achieving any of the steps you listed? What can you do to keep things on track?

Step What could go wrong? How can you prevent or respond to keep things on track?

10. Get to work!

You've thought about what you want, how you'll get there, and who can help you get there. You've also thought about what obstacles might get in your way, and planned ahead for how you'll overcome them to keep things on track.

Now, start working toward meeting the first step you laid out above.

TIP

Involve your support person/team as much as possible. They'll help you reach your goal – and they'll help keep you on track!

DON'T FORGET

Review your WHY. Print it out, put it on your refrigerator or in a visible place where you'll see it daily, and remember why you deserve the goal you're working toward.

11. Meet your goal. Then, set a new one!