



Sample Goal Tracking Sheets

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GET MORE GOAL ACHIEVEMENT STRATEGIES

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POWER UP NATION, INC.



Achievement Tips

Simple tips for goal achievement:

Get an accountability partner

Get a coach

Be sure your goals are written down

Establish a routine that will build personal discipline

Do a least one thing each day to achieve your goals

Stay positive

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Use the samples on the next slides to create tracking sheets that work for you.
See recommended resources at the end of this presentation.

Name:

Date:

GOALS

Goal	Specific	Measurable	Attainable	Realistic	Time-bound
What is it that you want to achieve?	Who? What? Why? Where? When?	How Much? How often? How many?	Achievable?	Is it important to what you want to achieve ultimately?	When?



In the spaces below, develop a statement defining your specific goal, incorporating as many of the elements that you worked on above as possible into the statement. This will include the actions you plan to take to meet this goal, your timeline, and how it will meet the organizational or personal goal you are addressing. Also indicate what types of additional skills and resources are necessary to facilitate this goal.

GOAL 1:

GOAL 2:

GOAL 3:

Items to Complete in order to reach your goal	Do By	Done
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Resources for Goal Achievement



[Start Winning!: How to Achieve Like the Top 8%](#)



[The P.O.W.E.R.](#)



More Resources

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