



Mother Jai's LLC

**Jennifer Lawson - BS, IAC, CSFS, CGFI, CPT,
CWMS, CCES, SSFLEX, RYT-200**

VM/TXT 720-336-1413

info@motherjai.com

GOAL PLANNING WORKSHEET

**Write Your Desired
Outcome Below**

**What does the outcome include? State three
specifics.**

1.

2.

3.

What is your first step?

**What are three things that must be done to
complete this step?**

1.

2.

3.

What is your next step?

What are three things that must be done to complete this step?

1.

2.

3.

What is your final step?

What are three things that must be done to complete this step?

1.

2.

3.

How long will it take for you to complete this goal?