



**Mother Jai's Wellness**  
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### 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?**