



## REAL Goals Worksheet

<b>R</b> Make it <b>R</b> elevant	One goal that is aligned with my vision of success is:
	The value it creates for me is:
	It's important because:
<b>E</b> Make it <b>E</b> nergizing	It's attainable because:
	The talents I'll use include:
	My motivators include:
<b>A</b> Make it <b>A</b> ctionable	I'll get there by doing:
	My first action step is:
	I'll gain traction by doing:
<b>L</b> Make it <b>L</b> inked	The optimum task sequence is:
	A motivating milestone is:
	Success looks like:

Today's Date: \_\_\_\_\_