

# Long Term Goal Setting Worksheet



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<b>Step 1: What is your overall "Why"?</b>	<i>To protect Americans and make a difference in people's lives; to be the best mom I can be and to be the best damn comeback story out there</i>			
<b>Children's Ages:</b>	20	15	12	10
<b>Professional Milestones (retirement, promotion, etc..)</b>	<i>Coaching Full Time</i>		<i>Civil Service and Coaching</i>	<i>Retiring frm Military/Civil Service/Coaching</i>
	<b>10yrs</b>	<b>5yrs</b>	<b>2yrs</b>	<b>1yr</b>
<b>Family</b>	<b>Step 2: Outcome Goals</b> <i>Living in one place; easy to travel with daughter who is now in college</i> <i>Step 3: Why (for this Outcome Goal)</i> <i>Nice to have a home-base after so long in the military</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>
	<b>Step 4: Performance Goals</b>	<b>Step 4: Performance Goals</b>	<b>Step 4: Performance Goals</b>	<b>Step 4: Performance Goals</b>
	<b>Step 5: Process Goals</b>	<b>Step 5: Process Goals</b>	<b>Step 5: Process Goals</b>	<b>Step 5: Process Goals</b>
<b>Professional</b>	<b>Step 2: Outcome Goals:</b> <i>Coaching full time; travel with athletes and daughter when/where ever I wish</i> <i>Step 3: Why (for this Outcome Goal)</i> <i>Freedom to do what I love so much full time after many years of service;</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>
	<b>Step 4: Performance Goals</b>	<b>Step 4: Performance Goals</b>	<b>Step 4: Performance Goals</b>	<b>Step 4: Performance Goals</b>
	<b>Step 5: Process Goals</b>	<b>Step 5: Process Goals</b>	<b>Step 5: Process Goals</b>	<b>Step 5: Process Goals</b>
<b>Financial</b>	<b>Step 2: Outcome Goals:</b> <i>Mortgage is my only debt</i> <i>Step 3: Why (for this Outcome Goal)</i> <i>Financial Flexibility</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>
	<b>Step 4: Performance Goals</b>	<b>Step 4: Performance Goals</b>	<b>Step 4: Performance Goals</b>	<b>Step 4: Performance Goals</b>
	<b>Step 5: Process Goals</b>	<b>Step 5: Process Goals</b>	<b>Step 5: Process Goals</b>	<b>Step 5: Process Goals</b>

Educational	<b>Step 2: Outcome Goals:</b> <i>Done with graduate degrees</i> <i>Step 3: Why (for this Outcome Goal)</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>
	<b>Step 4: Performance Goals</b> <i>More professional freedom and financial flexibility as well</i>	<b>Step 4: Performance Goals</b>	<b>Step 4: Performance Goals</b>	<b>Step 4: Performance Goals</b>
	<b>Step 5: Process Goals</b>	<b>Step 5: Process Goals</b>	<b>Step 5: Process Goals</b>	<b>Step 5: Process Goals</b>
Health	<b>Step 2: Outcome Goals:</b> <i>Heath issues from bike crash are a thing of the past</i> <i>Step 3: Why (for this Outcome Goal)</i> <i>"patient/therapy fatigue" is a real thing</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>
	<b>Step 4: Performance Goals</b>	<b>Step 4: Performance Goals</b>	<b>Step 4: Performance Goals</b>	<b>Step 4: Performance Goals</b>
	<b>Step 5: Process Goals</b>	<b>Step 5: Process Goals</b>	<b>Step 5: Process Goals</b>	<b>Step 5: Process Goals</b>
Triathlon/Athletic	<b>Step 2: Outcome Goals:</b> <i>Race in Kona 1-2 more times; race at Invictus Games @ least 1x</i> <i>Step 3: Why (for this Outcome Goal)</i> <i>this is my fight song :)</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>	<b>Step 2: Outcome Goals</b> <i>Step 3: Why (for this Outcome Goal)</i>
	<b>Step 4: Performance Goals</b>	<b>Step 4: Performance Goals</b>	<b>Step 4: Performance Goals</b>	<b>Step 4: Performance Goals</b>
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