

Goal Shopping Worksheet

Purpose: Identify at least one meaningful goal that sparks your desire to make it happen.

Step One: In the table below, fill out several ideas for potential goals/improvements in each category. Quantity is more important than quality at this stage. Get lots of ideas on the page. If you get stuck, finish the sentence, “there’s no way I could ___” and put that down as an idea. For example, “there is no way I could run a marathon.” Doing a race or even running a marathon then becomes one of your ideas.

Relationship	Family	Work	Health	Spirit

There’s no way I could...

Step Two: Rank each idea in each category. For example, if you have five ideas under “relationship,” then number them in priority order from 1-5.

Step Three: Select one idea to focus on. When choosing, think about which of your top ideas would do the most to “fill your reservoir.” Circle that idea.