



The Mind Garden
bloom where you're planted

GOAL SETTING WORKSHEET

NAVIGATE

your dreamscape

Delve into reflective questions aimed at uncovering your core values, passions, and aspirations. Set goals that align with your values and lead to personal and professional fulfillment.

What Matters Most to You?

Reflect on your core values and what truly matters in your life.
What are the things that bring you the most satisfaction and fulfillment?

Personal Growth

Reflect on areas of personal growth. What skills or qualities do you want to develop?
How do you envision yourself evolving as an individual?

Areas for Improvement

Identify areas of your life where you feel there's room for improvement.
What aspects do you want to change or enhance?

Contributions and Impact

Consider the impact you want to have on others or the world.
How do you want to contribute positively to your community or society?

JIGSAW



The Mind Garden
bloom where you're planted

goals matrix

Did you know that by dividing your goals into distinct life categories—career, personal development, health, relationships, and hobbies—you'll create a comprehensive roadmap for success?

1 - Set Your Goals

Think about what you want in your job, personal growth, health, relationships, and hobbies. Put each goal into the right category to organize your dreams.

2 - Check for Balance

Look at your sorted goals. Make sure you have something in each category so that your plan covers all the important parts of your life.

3 - Decide What's Important

Think about which goals are the most important in each category. This helps you focus on what matters most to you.

4 - Connect The Dots

See if some goals in one category connect with goals in another. Understanding how your goals relate can make your plan even better.



The Mind Garden
bloom where you're planted

NOW &

beyond mapping

After categorizing your goals, now split them into short-term (3-6 months) and long-term (1 year or more). Jot down specific objectives for each, ensuring a balanced and achievable path to success.

SHORT TERM

Write down specific and measurable objectives for each category. For example, in the career category, a short-term goal could be completing a professional development course.

LONG TERM

Jot down broader and more ambitious objectives for each category. Using the career example, a long-term goal could be securing a leadership role in your field.





The Mind Garden
bloom where you're planted

SMART

goals mastery

For each of your short and long-term goals, apply the SMART criteria—Specific, Measurable, Achievable, Relevant, and Time-bound. Craft detailed and focused objectives that empower your journey towards success.

S

M

A

R

T

