PATH Worksheet

Here’s what you’ll accomplish with this worksheet:

1. Decide how you’d track goals for all of your Values.
2. Pick your top priorities to focus on and improve first.
3. Set goals for each of your top priorities.

To make this process easier, I’d highly recommend looking back at the Life Score and Values & Ideals worksheets you filled out.

Deciding how you’ll track your progress is the most important step of the goal setting process. Here are the Goal Types:

|  | Repeating | By Date |
| --- | --- | --- |
| Number | Average | Target |
| Actions | Habit | Project |

Project: Big goal broken into small steps

Average: Repeating numerical goal by time period

Target: Numerical goal to achieve by a set date

Habit: Repeating goal for times done per time period

To pick the Goal Type, first decide if it’s repeating or has a goal date. Then, decide if you’ll track actions you take (Project/Habit), or if you’ll track a number (Target/Average). This will help narrow it down:

Now it’s time to look back at your Life Score and Values & Ideals worksheets to pick an Area of Life and a Value you want to improve, then think about how you want to track your progress.

Examples

To get the ball rolling, I filled out the table below with my examples from the Values & Ideals lesson:

| Area of Life | Value | Goal Type | What to Track |
| --- | --- | --- | --- |
| Health & Fitness | Strong | Habit | Strength training workouts |
| Love & Relationships | Fulfilled | Average | Quality time (hrs) spent with family |
| Productivity & Habits | Effective | Project | Progress creating On the Right Path |
| Money & Lifestyle | Secure | Target | Money in savings |

Ready? Let’s do this! Start filling out the tables below with the Values you’d like to improve.

Note: Treat this as a brainstorming session. Add as many as you’d like. After writing out each of your Values, we’ll prioritize them to set goals for the ones you’re ready to focus on.

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All set? Awesome! Next, pick out the ones you’d like to prioritize and track first. To see them all in one place, write your top 5-10 here…

Top Priorities

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| Area of Life | Value | Goal Type | What to Track |
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Ladies and gentlemen, the moment you’ve all been waiting for…it’s goal setting time! :)

For each Value, fill out a goal setting worksheet based on its Goal Type (e.g. Target Worksheet, in Teachable). It’s a short, step-by-step guide that will make it super easy set a SMART goal.

Once you’ve filled out a goal setting worksheet for a value, check the box and move on the next goal. When all your goals are set, you’ll be ready for the Tracking lesson. Congrats! This was a huge step.