ON THE
RIGHT PATH

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:

<u>P</u>roject: Big goal broken into small steps

<u>A</u>verage: Repeating numerical goal by time period

<u>T</u>arget: Numerical goal to achieve by a set date

<u>H</u>abit: Repeating goal for times done per time period

To pick the Goal Type, decide if it's repeating or has a finish line. Then, decide if it will be actions you take (Project/Habit), or a number you track (Target/Average). This will help narrow it down:

	Repeating	Finish Line
Number	Average	Target
Actions	Habit	Project

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 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.

Area of Life	Value	Goal Type	What to Track

Area of Life	Value	Goal Type	What to Track

Area of Life	Value	Goal Type	What to Track

Area of Life	Value	Goal Type	What to Track

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

	Area of Life	Value	Goal Type	What to Track
☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				
☐				
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Ladies and gentleman, 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.

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