

# Aim! Worksheet

**Target** (*What do you want to be?*): \_\_\_\_\_

**Why?** (*How does it improve your life? Make you better? Move you closer to other targets?*)

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 8. _____  |
| 4. _____ | 9. _____  |
| 5. _____ | 10. _____ |

**Biggest Challenges:**

(*What do you have to do?*)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Targets You Can Hit** (*Milestones/interim goals/baby steps*)

**Measures/Outcomes**

- |          |       |
|----------|-------|
| 1. _____ | _____ |
| 2. _____ | _____ |
| 3. _____ | _____ |
| 4. _____ | _____ |
| 5. _____ | _____ |

**Behaviors:**

Add: \_\_\_\_\_

Increase: \_\_\_\_\_

Minimize: \_\_\_\_\_

**Record** – Tracking, Log, App: \_\_\_\_\_

**Reminders** – Notes & Pictures: \_\_\_\_\_

**Allies** – Role Model: \_\_\_\_\_ Accountability Partner: \_\_\_\_\_

**Rewards & Celebrations:** \_\_\_\_\_