



Goal Setting *Framework*

Figure Out Your Goals

Brainstorm of all short, medium, or long term goals that come to your mind. Prioritize the goals you want to put on your CIVSA goal worksheet.



Create 3 Types of Goals

Habit-Forming Goals
Goals that you would like to see become behaviors. It takes between 21-60 days to form a habit. Set the goal at between 4-8 weeks.

Reach Goals
Goals that you have to take a few steps to obtain. Can an likely be achieved in between 3-12 months.

Stretch Goals
Goals that are out of reach for you right now, are aspirational, and are likely 2-5 years away.

Create 3 Phases for your Goals

- Phase 1** | Take a small step that's easy to achieve.
- Phase 2** | Main action phase of the goal.
- Phase 3** | Close the goal and unlock opportunities.





Goal Setting *Worksheet*

Use this goal-setting worksheet as a roadmap to your personal achievements! Let's break down your goals:

Habit-Forming Goal(s)	Action Steps:
Reach Goal(s)	Action Steps:
Stretch Goal(s)	Action Steps: