

Setting Realistic Goals Checklist

As you review the questions, if your response is “Yes” circle the number.

- 1) I can visualize the future I want.
- 2) My gut instinct informs my goals.
- 3) I know how to break my goal into steps I can accomplish.
- 4) When I need help I ask a friend.
- 5) My goals are based on what I want.
- 6) I’ve written my goal down.
- 7) I have a supportive network that helps me achieve my goal.
- 8) My goals are specific i.e., I say what I want to do, how I will do it and by when.
- 9) My behavior is consistent with my goals.
- 10) I can see numerous ways to meet my goal.
- 11) If what I am doing to reach my goal isn’t working, I stop and reconsider a different way to accomplish the step or the goal.
- 12) I can tolerate anxiety and discomfort when I take risks to achieve my goal.
- 13) I expect set-backs while working toward my goal.

How many times did you answer “yes” to the above questions?

9-13: You have had success with setting and reaching goals in the past and present. You know what is reasonable for you and you listen to your internal cues for guidance on how you are doing towards accomplishing your goals. You flexibly adapt your plan when it isn’t working. When you need encouragement you know who to call for support. Requesting feedback about your style of achieving your goal has won the support of your family, friends and co-workers. You set realistic goals and then accomplish them by setting up specific steps to review on a timely basis. You are ready to learn advanced steps for the next chapter in your life.

5-8: You are determined to be successful but setting realistic goals can be puzzling. You believe that you have it pretty darn good, and can turn to people for input when necessary. Sometimes you even think you should be more satisfied with your progress as others have it worse than you. You wonder if there are tools you could learn that would help you know yourself better so that goal setting would be an easier next step.

0-4: You are quite mystified by how others seem to set and accomplish goals so seamlessly. You figure that others have had less hardship than you have. You struggle in your relationships both at work and home and completing projects is difficult. You think that perhaps you are unlucky but also wonder if there are tools you could learn that would improve your ability to make changes in your life. You can learn these tools for setting realistic goals and other life skills if you decide better outcomes are worth the price of changing from what you know.