



Session 1: Goal-Setting Worksheet

My “why” or my purpose in life - what keeps me motivated and disciplined - is:

My long-term goal for my Mary Kay business is:

The benefits and advantages of accomplishing this goal are:

The potential obstacles for accomplishing this goal are:

The skills or knowledge that I need to learn or improve on in order to accomplish this goal are:

My plan of action for achieving this goal is:

Knowing that short-term goals will help me achieve my long-term goal, my goal for the next year is:

My goal for the next six months is:

My goal for the next month is:

My goal for this week is:
