

Gritty Grit Grit

Structured Goal-Setting Workbook

Turn Ambition into Measurable, Weekly Progress

Name: _____

Date: _____

Current Season of Life (one sentence):

Vision & Purpose – Pg 2

Section 1 – Vision & Purpose

Before you set goals, clarify who you want to become in this season.

1.1 Your Future Self (6–12 Months from Now)

Who do you want to become in the next 6–12 months? Describe your future self in 3–5 sentences.

1.2 Why This Matters

Why is this season important? Who will be impacted if you grow in this area? How does this connect to your faith, values, or calling?

Your Main Goal – Pg 3

Section 2 – Your Main Goal

Start with one primary goal. You can add more later, but clarity builds momentum.

Goal Title:

Start Date: _____ **Target Date:** _____

Life Area (health, faith, family, work, finances, etc.):

2.1 Goal Statement

In one clear sentence, what do you want to accomplish?

Make It SMART – Pg 4

Section 3 – Make It SMART

Use this page to make your goal Specific, Measurable, Achievable, Relevant, and Time-bound.^{[1][2][3]}

Specific

What exactly will you do? What will be different?

Measurable

How will you measure progress and know you've succeeded (numbers, frequency, milestones)?^{[4][1]}

Achievable

What actions will you take? What support or resources will you need?

Relevant

Why is this goal important in this season of your life? How does it align with your purpose?

Time-Bound

By when will you reach this goal? Are there key checkpoints along the way?^{[2][3]}

SMART Goal Sentence

Rewrite your goal in one clear SMART sentence.

Break It Down (Action Steps) – Pg 5

Section 4 – From Big Goal to Small Steps

Break your main goal into clear action steps.

Action Steps

(You can insert a 5-column table in Word using “Insert → Table” with 5 columns and 6–8 rows.)

Suggested column headers:

| Step # | Action Step | Due Date | Time Needed | Done? |

Under the table, add:

What is the very first, smallest action you can take in the next 24–48 hours?

Weekly Planning Page (Repeatable) – Pg 6

Section 5 – Weekly Goal Plan

(You can print this page multiple times—one for each week.)

Week Of (dates): _____

My Main Focus This Week (one sentence):

Top 3 Actions This Week

Habits or Rhythms to Support My Goal

What small daily practices will help?

(Optional: Add checkboxes for each day of the week under one or two key habits.)

Weekly Reflection Page (Repeatable) – Pg 7

Section 6 – Weekly Reflection & Reset

Use this at the end of your week to learn and adjust.

What am I most grateful for or proud of this week?

What specific progress did I make toward my goal?

What got in the way (distractions, fears, schedule issues)?

What did I learn about myself this week?

Looking Ahead to Next Week

My top priority next week is:

One adjustment I will make:

One way I will take care of my mind, body, or spirit:

30-Day Checkpoint – Pg 8

Section 7 – 30-Day Checkpoint

Use this every 4 weeks or once a month.

What has changed in the last 30 days (inside and outside)?

What measurable progress have I made?

Is my goal still realistic and meaningful in this season?

Do I need to adjust my goal, timeline, or action steps?

Updated Goal (if needed):

New Target Date (if changed):

Celebrate and Testify – Pg 9

Section 8 – Wins, Lessons, and Gratitude

List three wins (big or small) from this journey.

What did God / your faith teach you in this process?

Who else has been impacted by your growth?

How will you celebrate this progress?