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Journal Prompts for Goal Setting

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1. What areas of my life do I want to improve or change?
2. What is important about making those improvements or changes? Why are these improvements or changes important to me?
3. What will be different about my life when I make those improvements or changes?
4. What is it costing me by not making these improvements or changes?
5. What are some of the biggest goals I have already achieved? What did I learn about myself in working towards those goals? What were some of the obstacles or challenges that I overcame to achieve those goals?
6. How do I feel when I achieve goals?
7. What are 3 short term goals that support the improvements or changes I want to make in my life? Be specific and detailed.



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8. What does success look like, or feel like, to me for my 3 short term goals?

9. How will I know when I have successfully achieved my short-term goals?

10. Write down 2-3 action steps for each short-term goal. Action steps should be realistic and directly support forward progress. What is my timeline for each action step to be completed?

11. What is one action I will commit to today? How will I do this?

12. How will I stay accountable? What structures do I need to put in place to stay on track?

13. Motivation check - Review answers to questions #2, #3 and #4.



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14. What are 3 long term goals that support the improvements or changes I want to make in my life? Be specific and detailed.

15. What does success look like, or feel like, to me for my 3 long term goals?

16. How will I know when I have successfully achieved my long-term goals?

17. How do my short-term goals support my long-term vision?

18. Write down 2-3 action steps for each long-term goal. Action steps should be realistic and directly support forward progress. What is my timeline for each action step to be completed?

19. What is one action I will commit to today? How will I do this?



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20. How will I stay accountable? What structures do I need to put in place to stay on track?

21. What do I believe is holding me back from moving forward?

22. .What is my source of truth for those beliefs? (Often these beliefs are stories you tell yourself, not actual truths).

23. How will I use my answers in question #5 to overcome whatever I feel may be holding me back at this moment?

24. What does my life look and feel like when I have achieved what I set out to accomplish?



Thank You!

I hope you found these journal prompts helpful and thought provoking as you work towards setting and achieving your goals. Reach out and let me know about your progress or any questions you may have!
I'd love to hear from you!

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