



Brainfit[®]

Goal Setting Worksheet

Directions: Fill in the boxes below to help you set a meaningful goal for the year ahead! Use a new worksheet for each goal you set for yourself. Remember for the best results, make your goal as specific and positive as possible! Recognizing these moments will make it easier to celebrate your progress and keep motivated throughout the year!

If you get stuck, see over page for an example

My Goal is...

I will measure my progress by...

Visualize your success: How you will feel, what you will see, hear, taste, or smell when you achieve your goal...

The first 3 steps I will take towards achieving my goal are...

1. _____

2. _____

3. _____

I will check my progress ...

Weekly / Monthly Quarterly
(circle one)

Starting on _____
(insert date)

When I achieve my goal I will reward myself with ...

THIS IS DESIGNED AS AN EXAMPLE ONLY.

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My Goal is...

To exercise for at least 20 mins a day, 5 days a week in 2025

So that...

I feel better about myself & I know I am giving my brain the blood and oxygen it needs

Visualize your success: How you will feel, what you will see, hear, taste, or smell when you achieve your goal...

- I will feel energized, strong & proud of myself for sticking to my goal.*
- I will feel less stressed/anxious, with a calmer, more positive mindset from consistent exercise.*
- I will see myself becoming fitter and stronger over time*
- I will hear encouraging thoughts in my mind, reminding me of the progress I've made and how far I've come.*

I will check my progress ...

Weekly / Monthly / Quarterly
(circle one)

Starting on 13 Jan 2025
(insert date)

I will measure my progress by...

Keeping a calendar on the fridge and ticking off the days as I do them

The first 3 steps I will take towards achieving my goal are...

- Buying some new exercise shoes*
- Printing a calendar for each month to put on the fridge so I can tick days off*
- Telling my friends what I am doing and asking if anyone wants to join me*

When I achieve my goal I will reward myself with ...

After 1 month - A manicure and a pedicure at the mall!

After 6 months - A lunch out with friends

After 12 months - A visit to a Day Spa