

## How Close am I to Reaching my Goals?

Below are 20 action steps to help you reach your goals. On a scale of 0 - 5, rate how you see yourself progressing towards your goals. Write your score on the line to the left of each of the action steps.

### Scoring

0 = I have not started

1 = I have identified my goal(s) and have been thinking about what I need to do and the steps I need to take.

2 = I am slowly starting to take steps towards my goals

3 = I have done a few things towards achieving my goals and feel like I am on the right road

4 = I am making good progress towards my goals – I am getting close.

5 = I have reached my goals

\_\_\_ I have identified my short-term and long-term goal(s) and written them down

\_\_\_ I have allowed myself to dream big

\_\_\_ I have written down what I want for myself in life

\_\_\_ I have examined the motivation behind my goals

\_\_\_ I have developed a detailed goal timeline

\_\_\_ I have identified what supports my dreams (resources, environment)

\_\_\_ I have identified supportive, positive people in my life who will help me reach my goals

\_\_\_ I have surrounded myself with these supportive people

\_\_\_ I have identified negative/toxic people in my life who don't support me reaching my goals

\_\_\_ I have eliminated or minimized the amount of time these negative people are around me

\_\_\_ I have identified my role models and examined why they are important to me

\_\_\_ I have identified the internal barriers that hamper me from pursuing my goals and dreams

\_\_\_ I have identified the external barriers that hamper me from pursuing my goals and dreams

\_\_\_ I have a plan to tackle/address my internal barriers

\_\_\_ I have a plan to tackle/address my external barriers

\_\_\_ I have a plan to tackle my fears

\_\_\_ I am prepared for setbacks and have a plan in place to pick myself up

\_\_\_ I have identified Goal Objects that symbolize my goals

\_\_\_ I have the Goal Objects displayed where I can see them every day

\_\_\_ I pause each day with my Goal Object(s) to visualize my success in reaching my goals

\_\_\_\_\_ **TOTAL SCORE**

Total up the numbers to reach your overall score.

If your score was 0 - 32, you are in the early states of reaching your goals. How exciting! Don't give up.

If your score was 33 – 66 you are part way to your goal so you are doing something right. You can do it!

If your score was 67 – 100. Yay! You have almost reached your goals. Keep plowing away. You are almost there.

Learn more about how you can reach your goals and dreams through mindfulness and visualization using Goal Objects. A copy of *GO! How to Get Going and Achieve your Goals and Dreams* is available now at:

[Amazon](#).

Barnes and Noble.

Local bookstores and libraries.

More information available at: [marciakmorgan.com](http://marciakmorgan.com)