

Lukki by Nature Coaching

Goal Setting Worksheet

A goal without a plan is just a wish. Let's make yours real.

Client Name: _____ Date: _____

MY BIG GOAL

What do I want to achieve in the next 6 weeks?

MY WHY

Why is this goal important to me?

HOW WILL I FEEL WHEN I GET THERE?

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MY 6-WEEK ACTION PLAN

Week	My Focus This Week	How I Will Do It	Done ✓
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			

OBSTACLES & HOW I'LL HANDLE THEM

Obstacle	My Plan

MY COMMITMENT

I commit to showing up for myself every day, even on hard days.

Signature: _____ Date: _____