Ryan Zofay, Life & Business Coach (RyanZofay.com)

Goal Setting Worksheet — Goal Breakdown (Therapist Aid)

| Best for overcoming procrastination. I | Breaks large goals into manageable tasks. Start Date Deadline | | | | |
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| Primary Goal Statement (make it SMAI | RT): | | | | |
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| Why this goal matters (purpose & imp | act): | | | | |
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| Success Criteria (How will you know it | 's done?): | | | | |
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| Scoring (0–10): | | | | | |
| Motivation Confidence Difficu | ılty İmpact | Priority | Baseline vs. After: | | |
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| Milestones (2–5 big chunks): | | | | | |
| Milestone | Owner | Due I | Done | | |
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| Micro-Tasks Planner (time block each | task): | | | | |
| Гask | Est. Time | When (date/time) | Done | | |
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