

4-1-4 Goal Jackpot Worksheet

An adaptation of the 7-7-7 worksheet

Name: _____ Date Long-Term Goal Set: _____

Long-Term (*Meaningful*) Goal (4 months):

Short-Term Goals Related to Long-Term Goal (1 month)

1. Short-Term Goal (1 month):

2. Short-Term Goal (1 month):

Steps (4 weeks):

1. _____
2. _____
3. _____
4. _____

Steps (4 weeks):

1. _____
2. _____
3. _____
4. _____

3. Short-Term Goal (1 month):

4. Short-Term Goal (1 month):

Steps (4 weeks):

1. _____
2. _____
3. _____
4. _____

Steps (4 weeks):

1. _____
2. _____
3. _____
4. _____

