

## Problem / Goal Framework Worksheet

Goal Planning is essential in the goal framework; whenever you are making some goals. It is vital to have plans in your life. If you don't have any goals and targets to achieve, then what is the meaning of life? Life is all about setting goals one after another and then achieving them.

Following characteristics should be there:

- Specific: Your goal should be clear and well defined
- Measurable: Define it operationally; include precise amounts and dates in your goals so you can measure your degree of success.
- Attainable: Set realistic thoughts
- Relevant: Goals should be aligned with your career and life
- Time-Bound: Your goal must have a deadline.

**Now use the worksheet to sort out the problems that you are facing while making goals,**

### Situation:

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Current problems	Goals
<b>What keeps the problem going?</b>	<b>What will help me reach my goal?</b>