

## Goal-Setting & Vision-Mapping Worksheet

Curated by Vanguard Impact

### How to Use This Worksheet

Your goals don't need to be perfect, they just need to be yours. Start small, take one step at a time, and remember: clarity grows with action.

This tool is designed to help you move from big dreams → clear goals → actionable steps. Take 30–60 minutes to reflect, write, and map out your vision.

## Define Your Vision (Big Picture)

#### **Prompts:**

- What does my ideal life look like in 3–5 years?
- How do I want to feel (personally and professionally)?
- What kind of work excites me most?
- What impact do I want to have on others?

#### **Exercise:**

Write a short vision statement (3–4 sentences). Example:

"In 3 years, I run a thriving design business, work with values-driven clients, and mentor other women entering the industry. I have freedom in my schedule, financial stability, and energy to enjoy family and travel."

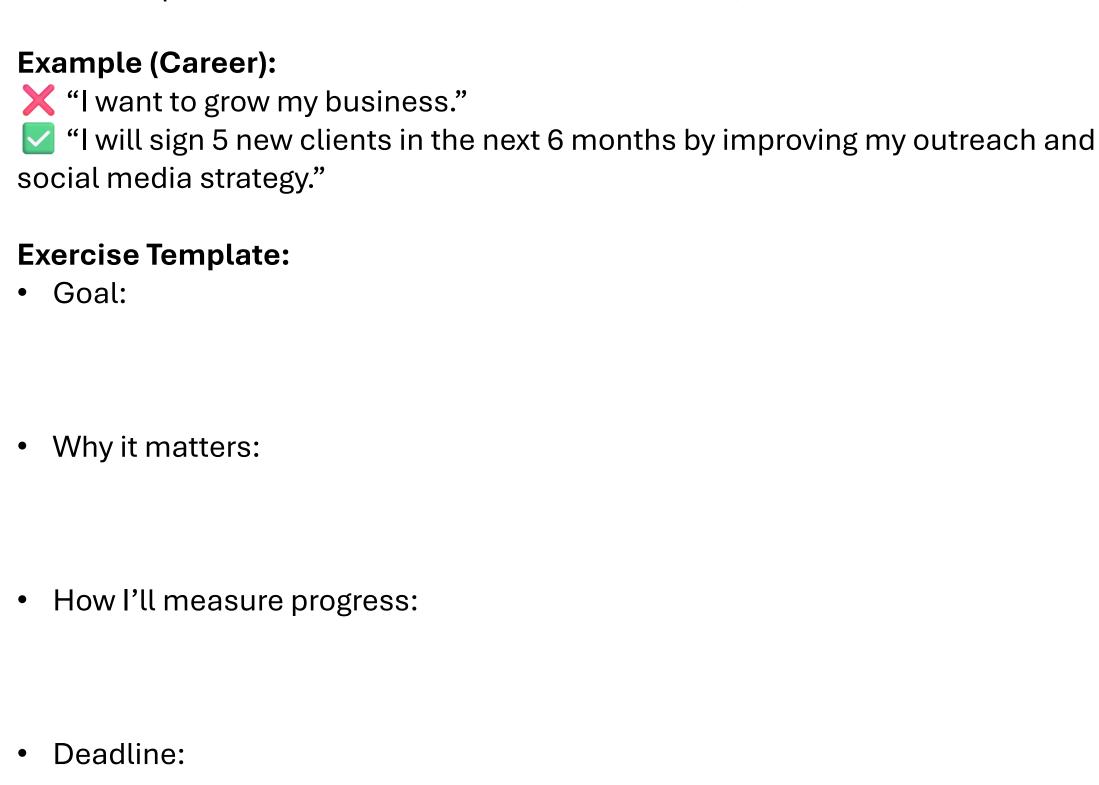
## **Identify Your Focus Areas**

Break v	vour visi	on into	key categ	ories.
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	Career/Business:
•	Finances:
•	Health & Wellness:
•	Learning & Growth:
•	Relationships & Community:
•	Lifestyle/Personal Fulfillment:
<b>Exerc</b> now.	ise: Fill in each area and circle 2–3 areas that matter most to you right

### **Set SMART Goals**

SMART = Specific, Measurable, Achievable, Relevant, Time-bound.



## Map Your Milestones (Vision to Action)

Big goals become manageable when broken into steps.

Example Goal: "Run my first paid workshop in 6 months."

- Month 1: Research similar workshops and pricing.
- Month 2: Draft topic outline.
- Month 3: Test content with a small group.
- Month 4: Secure platform and set date.
- Month 5: Market workshop (social + email).
- Month 6: Host workshop and gather feedback.

#### **Exercise Template:**

•	Goal:			
	• Step 1:			
	• Step 2:			

- Step 3:
- Step 4:
- Step 5:

## Identify Potential Barriers & Supports

Barriers: What could get in the way? (e.g., time, fear, finances)

**Supports:** What resources or people could help? (e.g., mentor, accountability partner, grant, system)

#### **Exercise:**

Possible Barriers:

• My Supports:

## Daily & Weekly Micro-Actions

Momentum comes from small, consistent steps.

#### **Examples:**

- Spend 15 minutes daily on learning.
- Set one networking call per week.
- Review goals every Sunday evening.

#### **Exercise Template:**

• Daily Micro-Action:

• Weekly Micro-Action:

### **Reflection & Motivation**

Prom	pts
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What will success look/feel like?

• How will I celebrate when I reach it?

**Exercise:** Write your answers to the above prompts, then write a note to your future self.

I'm proud of myself for:

# Vision Snapshot (Optional Visual Exercise)

Print or create a mini vision board (images, quotes, or words that represent your goals). Place it somewhere you'll see daily.