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**THE  
WRITE  
GOAL  
WORKSHEET**

# THE WRITE GOALS WORKSHEET

“If you have built castles in the air, your work need not be lost; that is where they should be. Now put the foundations under them.”

— Henry David Thoreau, *Walden*

**Reflect:** What were your writing goals last year? How do you feel about what you accomplished last year writing-wise?

**Desire:** What do you want to accomplish or experience? What are you excited about? What do you want this year? Write as many things as come to you, focusing especially on your writing.

Lifetime Writing Goals

This Year's Writing Goals

**Quit:** What do you want to *quit* this year? Write as many things as you like.

**Fail:** For those things you *can't* quit, what would you like to choose to fail at this year so you can focus on your top goals? Choose one to three things.

**Pick:** You can't do everything. Pick your top two writing goals, the two projects you want most want to accomplish this year.

Goal 1:	Goal 2:

**Deadline:** When do you want to accomplish this by? Include smaller, milestone deadlines or weekly deadlines as well.

Goal 1 Deadline:	Goal 2 Deadline:
Milestone/Weekly Deadlines:	Milestone/Weekly Deadlines:

**Habits:** What habits do you need to develop to accomplish these goals? What do you need to do each day or each week to make sure you accomplish your goals? E.g. writing every morning, publishing one blog post or short story each week, querying 100 agents.

**Habit Stacking:** One of the best ways to accomplish a habit is to pair it with other habits you already do. For example, wake up > write > drink coffee. What current habits will you pair your new, goal-oriented habits with.

Current habit: New habit:	Current habit: New habit:
Current habit: New habit:	Current habit: New habit:
Current habit: New habit:	Current habit: New habit:

**Consequences:** What consequences will you use if you *don't* accomplish your goal, meet your habit? For example, miss one weekly deadline and give up ice cream until you meet your goal. Or don't drink coffee until you finish your writing habit. Or don't turn on your phone until you meet your daily exercise goal.

Consequence 1:

Consequence 2:

Consequence 3:

Consequence 4:

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