

Squeeze into Your Dreams



Goal Setting Worksheet

🌟 Welcome to the "Squeeze into Your Dreams" goal-setting worksheet! 🌟

In Tre Glasper's inspiring journey, you've learned that dreams are ageless, and with determination, you can "Squeeze into your Dreams." Now, let's channel that inspiration into setting some meaningful goals in your own life.

Step 1 Dream Big

Imagine your wildest dreams and aspirations. What are some of the big goals you want to achieve in your life? Write them down below:

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

Step 2 Break It Down

Now, let's break down each big goal into smaller, manageable steps. What are some actions you can take to get closer to achieving these goals?

For example:

- Big Goal: Become a published author
- Smaller Steps: Write a book outline, write a certain number of pages each day, find a literary agent, etc.

Use this format to break down your own big goals:

1. Big Goal: _____
 - Smaller Steps:
 - Smaller Steps:
 - Smaller Steps:

2. Big Goal: _____

- Smaller Steps:
- Smaller Steps:
- Smaller Steps:

3. Big Goal: _____

- Smaller Steps:
- Smaller Steps:
- Smaller Steps:

4. Big Goal: _____

- Smaller Steps:
- Smaller Steps:
- Smaller Steps:

Step 3 Set a Timeline

Now, assign a timeline to each of your smaller steps. When do you want to complete them by?
Be realistic but also give yourself a little push!

1. Big Goal: _____

- Smaller Steps: _____ (Date)
- Smaller Steps: _____ (Date)
- Smaller Steps: _____ (Date)

2. Big Goal: _____

- Smaller Steps: _____ (Date)
- Smaller Steps: _____ (Date)
- Smaller Steps: _____ (Date)

3. Big Goal: _____

- Smaller Steps: _____ (Date)
- Smaller Steps: _____ (Date)
- Smaller Steps: _____ (Date)

4. Big Goal: _____

- Smaller Steps: _____ (Date)
- Smaller Steps: _____ (Date)
- Smaller Steps: _____ (Date)

Step 4 Stay Inspired

Write down a quote or motto that inspires you to keep working towards your dreams, just like Tre Glasper did.

Quote/Motto: _____

Step 5 Share Your Dreams

Tre's goal is to encourage literacy by providing 1000 books to 1000 children. Think about how you can contribute to this goal or any other charitable goal that resonates with you. Write down your ideas below:

Ways I Can Help:

1. _____
2. _____
3. _____

Remember, your dreams are important, and with dedication and determination, you can achieve them just like Tre Glasper did. Keep this worksheet handy, revisit your goals regularly, and never stop dreaming big! 🚀 ✨

