



Vision & goal worksheet

Why do you teach yoga? Why not just be a practitioner?
What is it about teaching that is really important to you?

What is the feeling or result that you are seeking from your teaching?

Who are you uniquely qualified to serve?

What are the problems your ideal students face that yoga can help them with?



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What is one milestone you can achieve in the next 3 months that will take you towards your vision?

How is this goal...

Specific

Measurable

Achievable

Relevant

Timely



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What do you need to have completed by the end of month 1 in order to make this happen?

Month 1 Week 1 tasks

Month 1 Week 2 tasks

Month 1 Week 3 tasks

Week 4 tasks

What is your first or next step that needs to happen in order to move this project forward?



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What milestone do you need completed by the end of month 2 in order to reach your goal?

Month 2 Week 1 tasks

Month 2 week 2 tasks

Month 2 Week 3 tasks

Month 2 Week 4 tasks

What unknown factors do you need to understand or research in order to accurately plan your tasks?



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Month 3 Week 1 tasks

Month 3 Week 2 tasks

Month 3 Week 3 tasks

Month 4 Week 4 tasks

What are the final steps to completing your project?

How will you feel when your goal is completed?
