

BetterDays

Goal Discovery Worksheet

Clarify what matters. Focus on what counts.

Welcome

This worksheet will guide you through the BetterDays framework—a research-backed approach to identifying your true priorities and understanding why they matter to you.

You'll work through four steps:

1

Brain Dump Everything

Get all your goals, projects, and aspirations out of your head

2

Map the Hierarchy

Discover which goals serve other goals

3

Choose 3–5 Priorities

Select your true top-level goals

4

Understand Your Why

Uncover the deeper motivation behind each priority

Before you begin

- Find a quiet space where you can think without interruption
- Give yourself at least 30–45 minutes to complete this thoughtfully
- There are no wrong answers—this is about discovering what matters to you
- Be honest with yourself; no one else needs to see this

"Goal clarity is the foundation for meaningful progress."

1 Brain Dump Everything

List everything on your mind: goals, projects, tasks, aspirations, dreams. Don't filter or judge—just capture. Include big ambitions and small tasks. Career, family, health, finances, relationships, personal growth... everything counts.

If you get stuck, ask yourself: What do I want to achieve in my career? My family life? My health? My finances? My personal development? My relationships?

Write freely. Aim for at least 15 items—most people have more than they realize.

1. _____	19. _____
2. _____	20. _____
3. _____	21. _____
4. _____	22. _____
5. _____	23. _____
6. _____	24. _____
7. _____	25. _____
8. _____	26. _____
9. _____	27. _____
10. _____	28. _____
11. _____	29. _____
12. _____	30. _____
13. _____	31. _____
14. _____	32. _____
15. _____	33. _____
16. _____	34. _____
17. _____	35. _____
18. _____	36. _____

2

Map the Hierarchy

For each item from Step 1, ask: "Is this a step toward something else on my list?"
If yes, it's a supporting goal. If no, it might be a top-level goal.

EXAMPLE

"Complete leadership training" → serves → "Get promoted to director"

"Get promoted to director" → serves → "Build a fulfilling career"

"Build a fulfilling career" → serves → nothing else. This is a TOP-LEVEL GOAL.

★ **Top-level goals are the ultimate outcomes you want—not the steps to get there.**

Review your brain dump. Circle or star items that don't serve any other goal—these are your potential top-level goals.

My potential top-level goals:

(Transfer items that don't serve anything else)

Discovery question:

Look at your potential top-level goals. Is there a deeper goal that some of these serve?

For example, if you wrote "get promoted," ask yourself: what would that promotion help you achieve?

3

Choose 3–5 Priorities

From your true top-level goals, select 3–5 to focus on. This is the hard part—but it's where the magic happens. Everything else becomes "not now," not "never."

Life has many dimensions—career, family, health, finances, relationships, personal growth.

Your top-level goals may span multiple areas. Focus on what feels most essential to who you want to become.

My 3–5 top-level priorities:

☐

1. _____

☐

2. _____

☐

3. _____

☐

4. _____

☐

5. _____

Reflection:

What made these choices difficult? What did you have to let go of (for now)?

4

Understand Your Why

Priority #1

For each priority, ask "why" three times. This uncovers your deeper motivation—the emotional anchor that will sustain you when obstacles arise.

Priority #1:

Why #1*Why is this goal important to you?*

Why #2*Why does that matter?*

Why #3*And why is that significant?*

4 Understand Your Why

Priority #2**Priority #2:**

Why #1 *Why is this goal important to you?*

Why #2 *Why does that matter?*

Why #3 *And why is that significant?*

4 Understand Your Why

Priority #3**Priority #3:**

Why #1 *Why is this goal important to you?*

Why #2 *Why does that matter?*

Why #3 *And why is that significant?*

4 Understand Your Why

Priority #4**Priority #4:**

Why #1 *Why is this goal important to you?*

Why #2 *Why does that matter?*

Why #3 *And why is that significant?*



Understand Your Why

Priority #5

Priority #5:

Why #1

Why is this goal important to you?

Why #2

Why does that matter?

Why #3

And why is that significant?

Congratulations!

You've completed the BetterDays Goal Discovery process.

Keep this worksheet somewhere visible. Review it monthly to stay connected to your priorities.

My Priorities at a Glance

Transfer your final priorities here for easy reference. Keep this page visible.

1

Goal:**Core Why:**

2

Goal:**Core Why:**

3

Goal:**Core Why:**

4

Goal:**Core Why:**

5

Goal:**Core Why:**