



## User Guide IGNITE Your Business - SPARK Goal Setting Worksheet

### How to Use the SPARK Goal-Setting Worksheet

#### Introduction:

- Download the \*SPARK Goal-Setting Worksheet\* (PDF, Digital PDF, or Google Doc) at [phillipmatthew.com/ignite/resources/](http://phillipmatthew.com/ignite/resources/).
- Set a 30-day leadership goal with \*UYP Step By Step\*.
- Track in Google Forms, Sheets, or paper.

#### Track Your Progress:

- Google Forms: Create a form with 1. Goal; 2. Deadline; 3. Steps; 4. Success Metric; 5. Prompt (sentence/quote). Save in Google Sheets.
- Example: Goal: Deliver speech; Deadline: 30/06/2025; Success Metric: Positive feedback; Prompt: "You don't have to be great..." – Zig Ziglar.
- Alternatives: Google Docs, Sheets, or paper.

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**"Unlock your potential with daily clarity." – UYP Philosophy**

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#### Next Step:

Discuss progress with Phil at [phillipmatthew.com/book-a-call](http://phillipmatthew.com/book-a-call).