

GOAL SETTING WORKSHEET

Goal Statement

My goal is to: _____

WHY is this goal important to me?

HOW will I reach this goal? (list 3 action steps)

1. _____

2. _____

3. _____

RESOURCES I need to reach my goal:

Items I need: _____

Skills I need to develop: _____

Support System: _____

MEASUREMENTS I will use to determine if I am on the right track

Methods/numbers I will use to track my success:

1. _____
2. _____
3. _____

I know I have reached my goal when: _____

TIMELINE

I will reach my goal by: ____ / ____ / ____

Additional dates and milestones to reach:

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