

Worksheet: "Goals: Getting There"*

Directions: Complete the following:

- A. Write below a goal that you have for yourself. This could be something that you want to gain for yourself, to do for yourself, or to be.

Goal: _____

- B. When you are excited about reaching a goal, you feel encouraged to take action. Help yourself on the road to your goal by listing below the personal rewards you will receive when you reach your goal. Imagining that you already have these rewards can help to keep you going.

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

- C. Now that you have your goal clearly in mind, list roadblocks that could get in the way of reaching your goal.

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

- D. Now list some ways to work through the roadblocks.

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

- E. List people, books or other resources that could help with roadblocks.

1. _____

2. _____

3. _____

4. _____

F. Make a bargain with yourself to begin working on your goal. Write here exactly what you will do to begin accomplishing your goal.

I will _____

I will _____

I will _____

I will _____