

GOAL SETTING WORKSHEET

Use this worksheet to examine one of your goals.

Goal - What I want to happen, achieve, or change:

When I want to reach my goal (try to be specific):

At this time in my life is this goal a high enough priority for me to commit myself to take action? If not, then select another goal.

Specific activities and/or steps I will take to achieve my goal:

How I will measure my progress:

Difficulties that I anticipate running into and how I can overcome them:

Help and support I can get from other people:

After examining all of the work involved, am I still committed to achieving this goal? If so, what will be the reward?