

Goal Setting Worksheet

1. Name your Goal(s).
2. Define your goal is a short term and long term goal. Explain your answer.
3. Describe your goal as specifically as possible(try not to be vague as this will be a hindrance in achieving your goal).
4. Set a deadline.
5. Why is the goal important to you? Give reasons.
6. What are the obstacles that you might face
7. What are some qualities that will help you to achieve your goals? List them