

# Goal Setting Worksheet

Name: \_\_\_\_\_

Goal Start Date: \_\_\_\_\_

My Goal is:

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Why is this important to me?

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Steps to Reaching My Goal

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_

Two things that will help me reach my goal:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

What am I learning?

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What adjustments do I need to make?

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What have I learned?

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How can I use what I've learned to help others?

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Date Finished: \_\_\_\_\_

I will celebrate my accomplishment by:

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What will I do next?

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