



SIMPLE GOAL SETTING WORKSHEET

THE BASICS OF SETTING AND COMPLETING YOUR GOALS

NAME: _____ **GOAL START DATE:** _____

MY GOAL IS: _____

GOAL COMPLETION DATE: _____

STEPS TO REACHING MY GOAL	THINGS THAT WILL HELP ME REACH MY GOAL
1. _____ _____ _____	1. _____ _____ _____
2. _____ _____ _____	2. _____ _____ _____
3. _____ _____ _____	3. _____ _____ _____

I WILL KNOW I HAVE REACHED MY GOAL BECAUSE: _____

