

Name _____

Date _____
Period _____

Goal Setting

Challenge/Dream + Steps to Achieve + Target Date = Your Goal

What do you want?

Write down what you would like to achieve, remember to use positive statements. "I will..."

Why do you want it?

Define the desire or challenge you are facing.

How will you get it?

List your specific action steps that will get you closer to your goal.

1. _____

2. _____

3. _____

4. _____

When do I want it?

The completion date, when do you want to reach your goal?

_____ 's Goal Sheet

This week, my goal is to:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday