

# Goal Setting



My goal: \_\_\_\_\_

\_\_\_\_\_

Why is this goal important to me?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What steps do I need to take to reach my goal?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

How will I know when I have reached my goal?

\_\_\_\_\_

\_\_\_\_\_

