

Setting Goals

Name _____

My goal is: _____
(Write the goal/achievement)

I will achieve my goal by: _____

To achieve my goal, I will _____

Potential roadblocks to reaching my goal: _____

Strategies to overcome the roadblocks are: _____

This goal is important to me because: _____

3 important action steps to reach my goal include: _____

My goal is both realistic and challenging because: _____