

Goal Setting Worksheet

Name: _____

Date: _____

| Goal | Measure Success | Deadline | Potential Obstacles | Ways to Overcome Obstacles |
|------|-----------------|----------|---------------------|----------------------------|
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |
| 4. | | | | |
| 5. | | | | |