

## Goal Setting Worksheet

Student Name: \_\_\_\_\_ Date: \_\_\_\_\_

Telephone Number: \_\_\_\_\_ Email: \_\_\_\_\_

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### Identifying Your Goals (Complete one or more of the following statements.)

I want to learn English so that I can \_\_\_\_\_

I want to get my GED so that I can \_\_\_\_\_

I want to \_\_\_\_\_ so that I can \_\_\_\_\_

### Select one goal from above and complete the following statements:

1. I want to accomplish this goal by (date) \_\_\_\_\_

2. I will know I'm making progress toward this goal in \_\_\_\_\_ months if I can \_\_\_\_\_

\_\_\_\_\_

3. I will know I've met this goal when I can \_\_\_\_\_

4. In order to reach this goal, I'll need to do these things:

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

5. In order to reach this goal, I'll need these things (or people):

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

6. What are some possible barriers to meeting this goal? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_