

Goal Setting Worksheet

Student Name: _____ Date: _____

Telephone Number: _____ Email: _____

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? _____
