

## 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: \_\_\_\_\_