



SETTING AND ACHIEVING GOALS WORKSHEET

7 POWER QUESTIONS TO ASK YOURSELF IN 2010

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

10 RULES OF GOAL SETTING

DEFINITION: _____

1. _____
2. _____
3. _____
4. _____

PRACTICE
GOAL: _____

5. _____