

## Goal-Setting Worksheet

My goal is:

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Plans and strategies (paths) to achieve my goal:

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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What are the pros and cons associated with each plan or strategy?

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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My chosen plan is:

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The first 3 steps of my plan are:

1. \_\_\_\_\_

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2. \_\_\_\_\_

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