

Goal Worksheet

Goal: _____

Today's Date: _____ Target Date: _____

What exactly will you accomplish? (Detail out goal – BE SMART.)

Imagine you've achieved your goal; how do you feel?

What obstacles do you have to overcome? What are the solutions?

What knowledge and skills do you need? How will you learn these skills?

Who can help you?

Resolve in advance that no matter what happens, you will never give up. Persistence is self-discipline in action. Each time you persist and overcome the inevitable failures and disappointments you will experience, you become better and more resilient. You develop stronger and deeper character. You increase your self-esteem and self-confidence. **GOOD LUCK!**