

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 yo	ou learn these skills?			
Who can help you?				



Take Action! You Need to Work Toward Your Goal Every Day

Step 1: What steps need to be taken to get you to your goal? List ALL the tasks needed to be completed. abel them as daily, monthly, etc., or assign a time frame.					

Step 2: Prioritize what needs to happen first (number your list above).

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!