

GOAL SETTING WORKSHEET

THE GOAL IS:

MOTIVATION TO MEET GOAL:

STRENGTHS THAT WILL HELP US REACH THIS GOAL:

HOW WILL WE KNOW WE HAVE REACHED THE GOAL:

STEPS TO TAKE TO ACHIEVE THE GOAL:

POTENTIAL OBSTACLES THAT MAY ARISE:

HOW WE PLAN TO RESPOND:



TARGET DATE TO ACHIEVE GOAL:

CHAMPION(S) OF THIS GOAL [NAME(S)]: