

Goal-setting Template

Name: _____

Date: _____

1 My Goal



My goal is: _____

2 Why is this goal important?



This goal is important because:

3 Steps to reach my goal

1

2

3

4

5

4 Things that will help me



People



Resources



Strengths



Strategies

5 Possible challenges



Challenges I might face:

6 How I will overcome them



What I will do:

7 I will know I have reached my goal when...



I am ready to start!

My target date: _____