

Goal Setting

I want to improve or achieve something related to (check one):

- | | |
|--|---|
| <input type="checkbox"/> School/Education? _____ | <input type="checkbox"/> Health (Physical/Mental/Spiritual)? _____ |
| <input type="checkbox"/> Work/Job/Career? _____ | <input type="checkbox"/> Activities (Skills/Talents/Enjoyment)? _____ |
| <input type="checkbox"/> Social/Communication? _____ | <input type="checkbox"/> Other: _____ |

My Goal is (write as specifically as possible):



| | | |
|------------------------------|--|---------------------------------|
| This goal is a | Short-term goal (a few weeks or months) | Long-term goal (a few years) |
| (circle one or both): | | |

Approximately by when do I plan to/want to achieve this goal? _____

Overall, how important is this goal to me? (0-10) _____

| What are some of my reasons for having this goal? | How important is each reason? (0-10) |
|---|--------------------------------------|
| 1. | |
| 2. | |
| 3. | |

| | | |
|--|------------|-----------|
| Is it possible to achieve this goal? (circle one) | Yes | No |
|--|------------|-----------|

Why do I think that?

- 1.
- 2.
- 3.

The main obstacles/challenges to achieving this goal are:

- 1.
- 2.
- 3.

Steps I need to take to achieve this goal are:

- 1.
- 2.
- 3.

People with whom I can share these goals (or do together) are:

- 1.
- 2.
- 3.