

My Goals

**Think about what you want to achieve this year.
Write down your goals in the spaces provided below.**

What do you want to achieve?

What steps do you need
to take to achieve your goal?

When do you want to achieve your goal?
Create a timeline in the space below.

Reflection

At the end of the year, look back on this worksheet and reflect on your progress towards your goals.
Did you achieve what you set out to do? What challenges did you face along the way?
What did you learn about yourself and the goal-setting process?