

GOAL SETTING WORKSHEET

PART 1

What is my goal?

Why do I want to reach this goal? (keep asking why?)

Why is this important to me?

Why is it important to NOT stay where I am?

What specific actions do I need to take to reach bigger goal/the why?

Needs Assessment - take a look at your life

What do I need to so that I can take those actions? What is my capacity?