



GOAL SETTING WORKSHEET

Name: _____ **Date:** _____

Please list your top three goals:

Goal # 1: _____

This goal is important to me because: _____

Some things that might get in my way of achieving this goal are:

Goal # 2: _____

This goal is important to me because: _____

Some things that might get in my way of achieving this goal are:

Goal # 3: _____

This goal is important to me because: _____

Some things that might get in my way of achieving this goal are: