



Goal Setting Worksheet

Setting goals is an important step to a successful life.

Directions: Complete the following questions on setting goals then tear off the bottom part of the second worksheet (on the dotted line) so that we can mail your goals back to you in six months to see how you are doing.



Just for You



Keep this sheet in a place to remind yourself of your goals and the steps to achieve them.

Setting Your Goals

What is your end goal?

When do you want to achieve this goal by?

How are you going to achieve this goal?

Steps to complete your goal?

List at least 5 steps to achieve your goal?

- ✓
- ✓
- ✓
- ✓
- ✓

Who are the people that you will need to assist with your goal?

