



# Effective Goal Setting in 10 Minutes Exercise

What do you want to achieve?

Why is it important to you?

What are the benefits to achieving this?  
(For you and for others)

What obstacles do you foresee?



**When you look at achieving this goal,  
what are you most confident in?**



**In what areas will you need to add focus or  
discipline?**



**What is one action you can take to achieve this?**



**On a scale from 1-10, how committed are you to  
taking this action?**

