

LONG-TERM GOAL

Goal setting is a powerful exercise. When you write down your goals and make a plan, they have a way of becoming reality.

What is your long-term personal or career goal?

Why is this goal important to you?

When working toward your goals gets challenging, it's important to remember why this goal is important to you to help you keep taking steps forward.

What is your biggest challenge or obstacle in reaching your goal?

How will you overcome this challenge?

SHORT-TERM GOALS

Consider how your short-term goals move you closer to your long-term goal. Select three short-term goals for each of the categories below.

Career (E.g. • get a job • learn a new job skill • reach a certain professional level)

1. _____
2. _____
3. _____

Education (E.g. • enroll in college • earn credits toward a degree • take adult education classes)

1. _____
2. _____
3. _____

Financial (E.g. • earn a certain amount of money in a specified time • set up a budget)

1. _____
2. _____
3. _____

Health & Fitness (E.g. • work out three or four times a week • join a health club • eat nutritious food)

1. _____
2. _____
3. _____

Spiritual (E.g. • search for a join a faith group • explore your own beliefs • start a journal to record your growth)

1. _____
2. _____
3. _____