

Goal-Setting Worksheet

Statement of goal:

Priority: _____ Term of goal: Short-term (within 3 months)

Medium-term (within 3 years)

Long-term (over 3 years)

Life area: _____ Target date: _____

Obstacles: _____

Solutions: _____

Action steps to achieve it:

Target date:

Reward for completing step:

Action steps to achieve it:	Target date:	Reward for completing step:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Is it worth it to me? Yes No

What achieving this goal will mean to me:
