



# Goal Setting Worksheet

**Statement of goal:**

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**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:**

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**Action steps to achieve:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Target date for step:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Reward for completing step:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Is it worth it to me?**             Yes             No

**What achieving this goal will mean:**

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