

PERSONAL GOAL WORKSHEET

START DATE:

FINISH DATE:

GOAL STATEMENT:

BEHAVIOR(S) TO DEVELOP:

"VISION OF WHAT LIFE WILL LOOK LIKE ONCE YOU ACCOMPLISH YOUR GOAL."

Instruction: List all the positive/healthy words describing your life after realizing your goal.

"WHAT BARRIERS/CHALLENGES ARE IN THE WAY OF YOU REACHING YOUR GOAL?"

Instruction: List all the obstacles & difficulties you will work to overcome to achieve your goal.

"WHAT ACTIONS WILL YOU COMMIT TO DOING IN ORDER TO REACH YOUR GOAL?"

Instruction: List actions you will perform (when & how) to reach your goal within 60 days.

ACCOUNTABILITY PARTNERS / SCHEDULED TIMES TO TALK

Instruction: Choose trusted positive & healthy mentors and peers to support & track your journey.

NAME:

CHECK-IN Notes:

NAME:

CHECK-IN Notes:

NAME:

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