

Name _____

Ready, Set, Goal!

State a goal for yourself.

(Something you want to do, get better at doing, become involved with etc.)

What action(s) is required to reach this goal?

How will you know when your goal has been reached? What does it look like?

When do you expect to meet your goal?

What steps will you have to take to reach your goal?

There are often things that prevent us from reaching goals. Identify what may prevent you and what strategies you will use to confront these barriers:
