

Goal Worksheet

Effective goals are Specific, Measurable, Realistic and Inspirational.

My long-term goal is _____

_____.

I will accomplish this goal by (date) _____.

Is this a realistic expectation? _____ Is this an inspirational challenge? _____

Baby steps: The things I need to do in order to reach my goal by the above date are:

Action to be taken

by this date

I have a clear mental picture of what my goal "looks" like. _____

The obstacle(s) I may face are _____

_____.

I plan on overcoming the obstacle(s) by _____

_____.

When I accomplish my goal, I will feel _____

_____.

I will celebrate my accomplishment by _____