

MY GOAL SETTING WORKSHEET

Name: _____



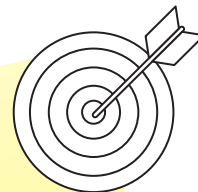
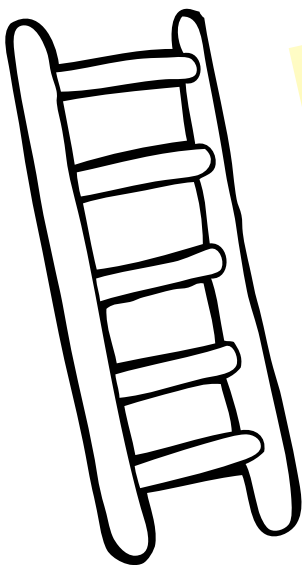
A goal I have already achieved _____

Some of the things I did to achieve this goal

Next I would like to _____

Three things I can do to achieve this goal:

This week I will



step by step, I can
achieve anything