

## Goal Setting Worksheet

Long-Term Goal: \_\_\_\_\_

Specific Short-Term Goal: \_\_\_\_\_

Time-limit: \_\_\_\_\_ Is it relevant? \_\_\_\_\_ Is it achievable? \_\_\_\_\_

How will you know when you reach your goal? (i.e. the measurable outcome)

\_\_\_\_\_

Why is this goal important to you?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What steps are involved in reaching this goal?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What barriers might prevent you from reaching your goal? (e.g. required materials, interactions with others etc.)

\_\_\_\_\_

\_\_\_\_\_

How will you deal with these barriers?

\_\_\_\_\_

\_\_\_\_\_

How might this goal affect other people?

\_\_\_\_\_

\_\_\_\_\_

What checkpoints/milestones will your goal have? \_\_\_\_\_

What rewards or encouragement will you give yourself when checkpoints/milestones are reached?

\_\_\_\_\_

\_\_\_\_\_

What must you do each day to reach your goal? \_\_\_\_\_

How can you help yourself remember what you must do?

\_\_\_\_\_

\_\_\_\_\_

How will you remain motivated and dedicated to reaching your goal?

\_\_\_\_\_

\_\_\_\_\_

What will your next short-term goal be to get closer to achieving your long-term goal?

\_\_\_\_\_