



GOAL SETTING WORKSHEET

Name:

Date:

ONE THING I WANT TO WORK ON OR GET BETTER AT

WHY I WANT TO ACHIEVE THIS

THINGS THAT MIGHT MAKE THIS HARD

HOW I WILL CHECK MY PROGRESS

WHAT I WILL DO TO REACH MY GOAL

HOW I WILL CHECK MY PROGRESS

TASKS THAT WILL HELP ME REACH MY GOAL

Date

Tasks



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It's okay if this goal changes. Trying matters.