

# Simple Goal Setting Worksheet

Date of Start: \_\_\_\_\_

Date of Completion: \_\_\_\_\_

My goal is: \_\_\_\_\_

\_\_\_\_\_

Two things that will help me reach my goals:

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

Steps to reaching my goals:

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

6. \_\_\_\_\_

\_\_\_\_\_

I will know I have reached my goal because: \_\_\_\_\_

\_\_\_\_\_