

GOAL SETTING

Spring/Summer 2014



NAME _____

These 3 goals should all start by stating: "I will (specific goal, action, etc.) by (specific date)." Then list the 2 or 3 things you are going to do to work toward meeting your goal. Then you must track those items that you did to reach the goal.

Goal #1: _____

I am going to do the following in order to accomplish goal #1: _____

Goal #2: _____

I am going to do the following in order to accomplish goal #2: _____

Goal #3: _____

I am going to do the following in order to accomplish goal #3: _____
