

Goal Setting Worksheet

Goal: _____

What are some smaller steps to reaching this goal?

- 1.
- 2.
- 3.

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Who is going to hold you accountable?

How will you reward yourself when you've reached your goals?

What are the positive aspects of reaching your goals?

What are the potential consequences of not meeting your goals?

What are the obstacles that stand between you and reaching your goals?

How will you overcome the above listed obstacles? What resources will you utilize?