

Name: _____

Goals: Who, What, When, Where, Why and How

1 **What** is your goal? *(Be specific)* _____

2 **Why** is this goal important for you to attain? _____

3 **Who** can help you stay on track and reach your goal? _____

4 **When** will you realistically reach your goal? _____

5 **Where** does achieving your goal take place? *(if applicable)* _____

6 **How** will you achieve your goal? *(What strategies will be in place?)* _____

7 **How** will you overcome the barriers? _____