Name:

Get Serious About Goals

1. State your specific goal.
2. Be specific about when you will reach your goal .
3. How will you know when you reach your goal?
4. Why is this goal meaningful for you?
5. What steps are required in order to realize your goal?
6. What barriers will prevent you from realizing your goal?
7. How will you deal with the barriers and the distractions that may prevent you from reaching your goal?
8. What will your checkpoints be? (end of day, end of week tracking)
9. Who will help you stay the path with your goal?
10. What accomplishments along the way will ensure that you reach your goal?

© http://worksheetplace.com