



Who, What, When, Where Why and How goals.

What is a good goal or goals for you?

Why is this a good goal for you?

When will you begin working on the goal and when will you achieve it?

Where will you start? Are there changes that you need to implement?

Who will help you?

How will you know when your goal is reached?

How will you reach your goal? What is in place for any obstacles you might encounter?