

Name _____

Goals and Change

You can't really achieve a goal without implementing a measure of change. Look at the statements below and provide honest answers.

① Describe your relationship with important individuals in your life: _____

Could it be improved? _____ Is this something you should set a goal for? _____

② Describe your work ethic (*getting things done on time, remaining positive, doing your best*).

Could it be improved? _____ Is this something you should set a goal for? _____

③ Describe your health. (*Do you eat healthy, are you active*).

Could it be improved? _____ Is this something you should set a goal for? _____

④ Describe your emotional health. (*Happiness, contentment, sense of belonging*).

Could it be improved? _____ Is this something you should set a goal for? _____

⑤ What other area do you feel you could improve and set a worth while goal for?
