

Name: _____

Ready, Set, GOAL!

- 1 State a goal for yourself. (Something you want to do, get better at doing, become involved with etc.)
- 2 What action(s) is required to reach this goal?
- 3 How will you know when your goal has been reached? What does it look like?
- 4 When do you expect to meet your goal?
- 5 What steps will you have to take to reach your goal?
- 6 There are often things that prevent us from reaching goals. Identify what may prevent you and what strategies you will use to confront these barriers:
