SETTING A GOAL

GOAL = Thing(s)/activity(ies)/experience(s)/relationship(s) an individual desires to obtain or acquire, engage in or establish which will help him or her to increasingly realize underlying values

Date I set this GOAL: ______________________

STEP 1 ......................................................... What is my GOAL? (It must be realistic and measurable)

STEP 2 ...... When achieved, what will be the BENEFITS? ............... Things I WILL TRY TO AVOID while in pursuit

STEP 3 ...... OBSTACLES I will/may have to overcome ................................................................. HOW?

STEP 4 ...... What do I need to know/learn/or training I need to have, etc.

STEP 5 ...... WHO can help me reach this goal?

STEP 6 ...... What are the STEPS I PLAN TO TAKE in order to meet my goal?

1) ________________________________ By When? _________________________

2) ________________________________ By When? _________________________

3) ________________________________ By When? _________________________

4) ________________________________ By When? _________________________