

Goal Setting Worksheet

A goal is an idea of the future or desired result that a person or a group of people envision, plan, and commit to achieve. Goals help us achieve things in life. They can be big or small, and they help us stay focused even when things get tough!

My Goal is:

My target date to complete this goal is:



I will do these three things to reach my goal:

- 1)
- 2)
- 3)



I will know I reached my goal because:

2 things that will help me stay accountable to reach my goal:

- 1)
- 2)