

GOAL SETTING WORKSHEET

Please provide the following information and answer the question below;

List your top three goals:

Goal 1 : _____

The goal is important to me because

Barriers in my life that might get in my way of achieving this goal are:

Goal 2 : _____

The goal is important to me because

Barriers in my life that might get in my way of achieving this goal are:

Goal 3 : _____

The goal is important to me because

Barriers in my life that might get in my way of achieving this goal are:
