

Name \_\_\_\_\_

Date \_\_\_\_\_

Period \_\_\_\_\_

# Goal Setting

**Challenge/Dream + Steps to Achieve + Target Date = Your Goal**

## **What do you want?**

Write down what you would like to achieve, remember to use positive statements. "I will..."

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## **Why do you want it?**

Define the desire or challenge you are facing.

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## **How will you get it?**

List your specific action steps that will get you closer to your goal.

1. 

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2. 

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3. 

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4. 

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## **When do I want it?**

The completion date, when do you want to reach your goal?

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