

GOAL SETTING & ACTION PLANNING

My Goals and Options to Get There

- List up to 3 goals you want to achieve over next 3-6 months
- In the space below, write down steps or ideas to achieve your goal
- Then check off one or two steps that you think may work

GOAL #1: _____

List possible ways of achieving it:

GOAL #2: _____

List possible ways of achieving it:

GOAL #3: _____

List possible ways of achieving it:
