

Setting Goals

Think Sheet

Name _____ Date _____

Your goal for this school year is...

Is this goal possible? Why or why not?

What time limit do you have to reach this goal?

What steps do you need to follow to reach your goal?

List any problems or obstacles that might keep you from reaching your goal:

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How can you get past each of the problems or obstacles you listed above?

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Who can help you reach your goal, and how?

What or who will keep you motivated to reach your goal?

How will you know when you reach your goal?

Setting Goals

- 1. Decide on your overall values and lifestyle desires.**
- 2. List the resources you need to fulfill these lifestyle options.**
- 3. Examine the intermediate steps in accomplishing your overall outcome.**
- 4. Establish short- and long-term goals that will help you accomplish the steps necessary for the desired outcome.**