

Goal Setting

Name: _____

Date: _____

What your two main goals for this year?

1)

2)

Why are these goals important to you?

On scale of 1-10 how sure are you that you can achieve this goal?

1)

2)

What are some smaller goals you can use to keep you motivated and on track for your bigger goals. Please add dates you would like to accomplish these goals.

1)

2)

3)

4)

What is your first Action Step you will take Today or from now on?