



# Goal Setting



Area	Today's Date	Final Target Date	Date Achieved
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**Goal (Specific, Measurable, Attainable, Realistic, Tangible → stated positively, stated in the now)**

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**Benefits from Achieving this Goal:**

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**Possible Obstacles:**

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**Possible Solutions:**

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# Goal Setting



## Goal Setting Worksheet

Specific Action Steps for Achieving This Goal:	Who is Responsible?	Target Date	Review Date	Completion Date
1. _____ _____				
2. _____ _____				
3. _____ _____				
4. _____ _____				
5. _____ _____				
6. _____ _____				
7. _____ _____				

### Method of Tracking Progress

Is it worth the time, effort and money to reach this goal?

\_\_\_ Yes \_\_\_ No

\_\_\_ Yes, but later