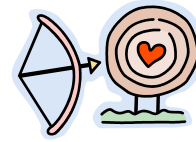


Goal Planning Worksheet

Today's Date: _____

My "bull's eye" goal is:

My "outer rim" goal is:



Target date: ____ Progress check dates: ____ ____ ____ ____ Date achieved: ____

Benefits I expect from achieving this goal: _____

Strategies to reach the goal (game plan):

Strategy #1: _____

Action steps to accomplish strategy:

1. _____

2. _____

3. _____

Strategy #2: _____

Action steps to accomplish strategy:

4. _____

5. _____

6. _____

Affirmation (positive statement to raise my confidence):

Who knows about my goal?

What help/support/tools do I need to reach this goal?

Obstacles between me and my goal:

Solutions to overcome the obstacles:

How will I reward myself when I achieve my goal:
