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# ***Goal-Setting***

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## *Steps:*

### **1. Identify the Goal**

- a. What is it that you want to do?
- b. Why do you want to meet the goal?
- c. Do you have the motivation, time, resources, skills, and strength to achieve the goal?

### **2. Form Plan of Action**

- a. What is the most direct route to the goal?
- b. What are possible ways to reach the goal?
- c. What plan is best for you?
- d. Who can support you in reaching your goal?

### **3. Develop Objectives**

- a. Break the goal into measurable steps.
- b. Be as specific as possible.

### **4. Plan for Obstacles**

- a. What are possible obstacles to achieving the goal?
- b. How can the obstacles be overcome?

### **5. Make the Goal a Reality**

- a. Share the goal with other who may be able to help.
- b. Allow enough time to achieve the goal.
- c. Keep on track and stick with it.

Name a goal you can accomplish by the end of this week (Friday at 3:00 p.m.) –

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Name the people you need to talk to and the role (job/help/support) they will play in order to accomplish this goal –

Name \_\_\_\_\_ Role \_\_\_\_\_

Name \_\_\_\_\_ Role \_\_\_\_\_

Name \_\_\_\_\_ Role \_\_\_\_\_

Name \_\_\_\_\_ Role \_\_\_\_\_

Name \_\_\_\_\_ Role \_\_\_\_\_

List the steps you need to do in order to accomplish this goal by Friday –

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

Name the small reward you will give yourself when you accomplish this goal –

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