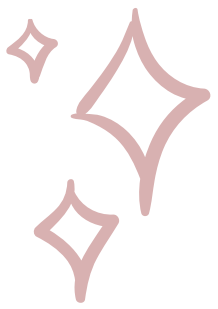


GOAL PLANNING WORKSHEET



My No. 1 Goal Is... _____

Target Date:

How will I know I've reached my goal?

This goal is important to be because...

What are some obstacles that might come up?

Why will achieving this goal be a good thing for me?

Why I will achieve this goal is...

How I plan to overcome them...

Next steps: