

Name: _____

Period: _____

Goal Setting

Directions: Each circle represents a period of time. In each of the four circles below fill in 3-5 goals you would like to accomplish in that time frame.

This week

This month

This year

The next 5 years

Name _____

Period _____

My Guidelines to Goal Setting

My Goal is...

<p>The smaller steps I'm going to take to reach this goal are...</p>	<p>I can go to these people for help /support...</p>
<p>I'm going to achieve this goal by (date)...</p>	<p>I'm going to review my goals and progress this often...</p>
<p>Some challenges I will face while trying to reach this goal are...</p>	<p>My reward for reaching this goal will be...</p>