

# SIMPLE GOAL SETTING WORKSHEET

NAME

GOAL START DATE

GOAL COMPLETION DATE

MY GOAL


STEPS TO REACHING MY GOAL

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_

TWO THINGS THAT WILL HELP ME  
REACH MY GOAL

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

I WILL KNOW I HAVE REACHED MY GOAL BECAUSE:


# Setting Goals Worksheet With 7 Goal Setting Templates

**R Barnett**



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