

# Goal Setting Worksheet

Goal: \_\_\_\_\_  
\_\_\_\_\_

Complete

- |                  |       |                          |
|------------------|-------|--------------------------|
| <i>Task 1 :</i>  | _____ | <input type="checkbox"/> |
| <i>Task 2 :</i>  | _____ | <input type="checkbox"/> |
| <i>Task 3 :</i>  | _____ | <input type="checkbox"/> |
| <i>Task 4 :</i>  | _____ | <input type="checkbox"/> |
| <i>Task 5 :</i>  | _____ | <input type="checkbox"/> |
| <i>Task 6 :</i>  | _____ | <input type="checkbox"/> |
| <i>Task 7 :</i>  | _____ | <input type="checkbox"/> |
| <i>Task 8 :</i>  | _____ | <input type="checkbox"/> |
| <i>Task 9 :</i>  | _____ | <input type="checkbox"/> |
| <i>Task 10 :</i> | _____ | <input type="checkbox"/> |

Notes:

Next or Revised Goal: \_\_\_\_\_  
\_\_\_\_\_