

GOAL SETTING WORKSHEET

Please provide the following information and answer the questions below.
Please list your top three goals

Goal # 1

This goal is important to me because:

Some barriers in my life that might get in my way of achieving this goal are:

Goal # 2

This goal is important to me because:

Some barriers in my life that might get in my way of achieving this goal are: _____

Goal # 3

This goal is important to me because:

Some barriers in my life that might get in my way of achieving this goal are:
