



Goal Setting



Step 1: Identify a Goal

My Goal _____

My goal is clear? (Specific)	I'll know when I reach my goal. (Measurable)	Is the goal attainable (given knowledge, skills, ability?) (Attainable)	My goal is in my reach? (Realistic)	My goal has a time limit. (Time)
How?	How?	How?	How?	How?



Step 2: Create an Action Plan

Steps you will use to reach your goal. Include a predicted date of completion. Place a checkmark at the end of each step once completed:

- _____ When? _____
- _____ When? _____
- _____ When? _____
- _____ When? _____

Who are some people you can ask or what are some resources you need to reach your goal?



Step 3: Reflection

Did you reach your goal? _____ Why or why not? What did you learn?