

Goal Setting Worksheet

Short-Term Goals

My Goals For This Month

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Why I Want To Achieve These Goals

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Problems That May Appear

Possible Solutions

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What Will I Do To Achieve My Goals?

How Will I Monitor My Process?

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Tasks That Will Lead To My Goal

Date	Tasks	✓
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

Goal Setting Worksheet

Long-Term Goals

My Goals For This Year

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Why I Want To Achieve These Goals

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Problems That May Appear

Possible Solutions

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What Will I Do To Achieve My Goals?

How Will I Monitor My Process?

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Tasks That Will Lead To My Goal

Date	Tasks	✓
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
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