



# The Goals Worksheet

Area of Life: \_\_\_\_\_

Start Date: \_\_\_\_\_

Target Completion Date: \_\_\_\_\_

**Step 1:** *Identify your goal: (specific, measurable, attainable, realistic)*

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**Step 2:** *Benefits from achieving this goal and/or losses to avoid:*

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**Step 3:** *Possible Obstacles:*

*Possible Solutions:*

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**Step 4:** *Undesirable Habits that may interfere with attaining this goal:*

*Favorable Habits that need to be developed to reach this goal:*

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**Step 5:** *Skills needed and/or individuals or organizations to work with to reach this goal:*

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**Step 6:** *Specific action steps for achieving this goal:*

1.	
2.	
3.	
4.	
5.	