

► **Goal Setting Worksheet**

Express your goals as positive statements, and be specific and realistic.

Place your most important goals at the top of your list.

Short-Term Goals (6 Months or Less)	Time Frame for Completion
1)	
2)	
3)	
4)	
5)	
Medium-Term Goals (7 Months to 1 Year)	Time Frame for Completion
1)	
2)	
3)	
4)	
5)	
Long-Term Goals (More Than 1 Year)	Time Frame for Completion
1)	
2)	
3)	
4)	
5)	