

GOAL PLANNING WORKSHEET

Area:		Today's Date:		Final Target Date:		Date Achieved:	
Step One:	Identify your goal: (specific, measurable, attainable, realistic)						
Step Two:	Benefits from achieving this goal and / or losses to avoid						
Step Three:	Possible Obstacles			Possible solutions			
Step Four:	Skills of Knowledge needed to reach goal:						
Step Five:	People, groups and /or organizations to work with to reach this goal:						
Step Six:	Specific Action Steps for achieving this goal:				Target Date	Completion Date	
Step Seven:	Completion Date:						

Notes: