

# GOAL PLANNING SHEET

Area	Today's Date	Final Target Date	Date Achieved
<u>Goal (Specific, Measurable, Attainable, Realistic, Tangible)</u>			
<u>Benefits from Achieving this Goal</u>			
<u>Possible Obstacles</u>		<u>Possible Solutions</u>	

Specific Action Steps for Achieving this Goal	Responsible	Target Date	Date Completed
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

Method of Keeping Score
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Is it worth the time, effort and money to reach this goal?	Yes	No	Yes but later
Do I have the ability to achieve this goal?	Yes		No
Am I willing to do what it takes to achieve this goal?	Yes		No

**AFIRMATIONS TO SUPPORT THIS GOAL**

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