

GOAL SETTING WORKSHEET

Please provide the following information and answer the questions below.

Please list your top three goals: Goal # 1: _____

This goal is important to me because: _____

Some barriers in my life that might get in my way of achieving this goal are:

Goal # 2: _____

This goal is important to me because: _____

Some barriers in my life that might get in my way of achieving this goal are:

Goal # 3: _____

This goal is important to me because: _____

Some barriers in my life that might get in my way of achieving this goal are:
