

MY GOAL PLANNING SHEET

(Please complete this fillable form and save it)

TODAY'S DATE:

GOAL FOCUS AREA:

MY GOALS

Goal #	Keep it simple, specific, measurable and with a deadline
1.	
2.	

BENEFITS OF REACHING THESE GOALS:

(Benefits to me and/or: my family, my job, society as a whole)

TWO CHALLENGES THAT MAY STOP ME FROM REACHING MY GOAL:

S. No	Possible Obstacles	Possible Solutions
1.		
2.		

In the end is it worth the time, effort and money to reach the goal?

I WILL DO THESE THREE THINGS TO MAKE SURE I REACH MY GOAL:

S. No	Specific Action steps to reach Goal	Target Date	Date Reached
1.			
2.			
3.			

I WILL KNOW I REACHED MY GOAL WHEN:

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