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GOAL SETTING WORKSHEET

Goal #	Description of Goal (you may have short term goals, mid term goals and longer-term goals)	Term – 1Year	Term – 6Month	Term – 3 Month
1				
2				
3				
4				
5				

Personal values are reflections of our needs, desires, and what we care about most in life. Goals are Relevant or Realistic. Relevance basically means "aligned with your **values**."

Goal #	Describe how your Goal aligns with your personal value(s)

My GOAL that I will complete in 3 months is _____

My GOAL that I will complete in 6 months is_____

My GOAL that I will complete in 1 Year is_____

I will CELEBRATE my milestone(s) by _____