**Goal Setting Worksheet**

For this activity you are going to choose a long-term goal that is really important to you, and then a few short-term goals that will help you to work toward the larger goal. Be sure that the goals you choose are realistic and can be measured. In other words, you must be able to figure out whether or not you have achieved your goals, or if you are making progress toward a goal.

**IDENTIFYING A LONG-TERM GOAL:**

**Long-term goals:** goals that take a long time to achieve (can be many years), but are worth working hard for. They’re often related to the BIG dreams we have for ourselves (like going to college, owning a house, or running your own business). In order to achieve long-term goals we usually have to achieve a few short-term goals along the way.

Describe one long-term goal you have:

Why is this important to you?

When do you expect to achieve this goal?

\_\_ 1-2 years \_\_ 3-5 years \_\_ 6-10 years \_\_ More than 10 years

What are some things you need, or need to do, to achieve this goal? Be specific.

Who can help you achieve this goal? Who are your champions?

How will you know when you have accomplished this goal? What does success look like?

**IDENTIFYING RELATED SHORT-TERM GOALS:**

**Short-term goals:** goals that we can accomplish pretty quickly (can be a few weeks or months). Working through a series of related short-term goals can help us to work toward achieving a long-term goal.

Use the chart below to record 2-4 short-term goals that are related to long-term goal you described on the last page.

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| **List Short-term Goals** | When might you achieve this goal? | How does this goal help you achieve the long-term goal? | What do you need, or need to do, to achieve this goal?  Who can help you? | How will you know when you have accomplished this goal? What does success look like? |
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