

## Goal Setting

Why do some goals stick while other goals fail? Need for clear vision, specific, step by step goals that can be measured, they fit with your life, are measurable, and have solid time frames.

Write two new goals:

1.

2.

How do your values relate to the above goals?

Obstacles to meeting the goals:

1.

2.

3.

Solutions

1.

2.

3.

How will you reach the goals? What are the steps?

1.

2.

3.

4.

5.

My target date for meeting my goals is:

Who will be your support?