

## Quarterly Goal Accomplishment Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

*Please answer each question the best that you can. You don't have to use all of the blanks provided. If you need more space to answer a question, please feel free to use the back of page # 5.*

1) List 3 goals you have for yourself in the near future (the next 30-90 days):

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2) What steps can you take to reach your first goal? \_\_\_\_\_

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3) What do you think could challenge you in reaching your first goal? \_\_\_\_\_

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4) Are there any special things that you will need to reach this 1st goal such as: is transportation available; do you need tickets; do you have to sign up before you go? \_\_\_\_\_

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5) How will you be able to find out how to overcome any obstacles that you have discussed in Question 3? \_\_\_\_\_

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6) What have you already done to reach this first goal? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7) What is the next step to reaching this first goal? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8) What do you hope will be the results of accomplishing this first goal? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

9) How do you think you might feel if you accomplish this first goal? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

10) If there are negative consequences to accomplishing this first goal, how do you think you can overcome them? \_\_\_\_\_

\_\_\_\_\_

11) What steps can you take to reach your second goal? \_\_\_\_\_

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\_\_\_\_\_

12) What do you think could challenge you in reaching your 2<sup>nd</sup> goal? \_\_\_\_\_

\_\_\_\_\_

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13) Are there any special things that you will need to reach this 2<sup>nd</sup> goal such as: is transportation available; do you need tickets; do you have to sign up before you go? \_\_\_\_\_

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14) How will you be able to find out how to overcome any obstacles that you have discussed in Question 12? \_\_\_\_\_

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15) What have you already done to reach this second goal? \_\_\_\_\_

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16) What is the next step to reaching this second goal? \_\_\_\_\_

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17) What do you hope will be the results of accomplishing this 2<sup>nd</sup> goal? \_\_\_\_\_

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18) How do you think you might feel if you accomplish this 2<sup>nd</sup> goal? \_\_\_\_\_

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19) If there are negative consequences to accomplishing this second goal, how do you think you can overcome them? \_\_\_\_\_

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20) What steps can you take to reach your third goal? \_\_\_\_\_

\_\_\_\_\_

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21) What do you think could challenge you in reaching your 3<sup>rd</sup> goal? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

22) Are there any special things that you will need to reach this 3<sup>rd</sup> goal such as: is transportation available; do you need tickets; do you have to sign up before you go? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

23) How will you be able to find out how to overcome any obstacles that you have discussed in Question 21? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

24) What have you already done to reach this third goal? \_\_\_\_\_

\_\_\_\_\_

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25) What is the next step to reaching this third goal? \_\_\_\_\_

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26) What do you hope will be the results of accomplishing this 3<sup>rd</sup> goal? \_\_\_\_\_

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27) How do you think you might feel if you accomplish this 3<sup>rd</sup> goal? \_\_\_\_\_

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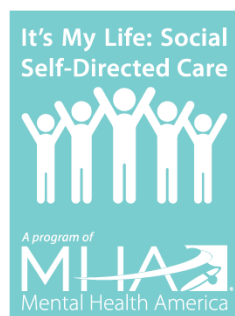
28) If there are negative consequences to accomplishing this third goal, how do you think you can overcome them? \_\_\_\_\_

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***Thank you for taking your valuable time to fill out this form.***



**Quarterly Goal Accomplishment Plan . . . . Continued**

*If you needed more space to answer a question, please feel free to use the space below. Please just remember to write down the question number that you wish to continue.* \_\_\_\_\_

[illegible]

*Thank you for taking the time to share your feelings, opinions, and your goals.*