



Goal Setting Sheet

Set a Goal, Make a Plan, Get it Done

Goal	Steps to Complete Goal/Notes	Date to be Completed
		(Estimated / Actual)
1. _____	_____ _____ _____ _____	_____/_____ _____/_____ _____/_____ _____/_____
2. _____	_____ _____ _____ _____	_____/_____ _____/_____ _____/_____ _____/_____
3. _____	_____ _____ _____ _____	_____/_____ _____/_____ _____/_____ _____/_____
4. _____	_____ _____ _____ _____	_____/_____ _____/_____ _____/_____ _____/_____
5. _____	_____ _____ _____ _____	_____/_____ _____/_____ _____/_____ _____/_____