

Setting Goals

Instructions: Complete one box for each ultimate goal you want to work on. First, identify your ultimate goal. Then, include a description of what your ultimate goal means in the 'Specific Goals' section. Finally, in 'Actions consistent with my goal,' identify things you could do that would help you meet your goals. You can refer to the sample worksheet in Part 2 for examples. Print out as many pages as you need.

Ultimate goal: _____

Specific goals:

Actions consistent with my goal:

Ultimate goal: _____

Specific goals:

Actions consistent with my goal:

Ultimate goal: _____

Specific goals:

Actions consistent with my goal:
