Goal Setting: General

My goal is:
_______________________________________________________________________
_______________________________________________________________________

My main reason for setting this goal is:
_______________________________________________________________________
_______________________________________________________________________

On a scale from 1 — 10, my goal is (circle one):

1  2  3  4  5  6  7  8  9  10
Not at all important  Somewhat important  Very important

What concerns you most about taking steps to achieve this goal?
_______________________________________________________________________
_______________________________________________________________________

What do you imagine in the worst thing that will happen if you remain with your current behaviors?
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
What is the best thing that will happen if you change your current behaviors?
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

What has worked in the past for you? What was it like?
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

What are resources, places, and/or people who can help you in achieving this goal?
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

What obstacles might get in your way? What will you do to overcome these obstacles?
_______________________________________________________________________
_______________________________________________________________________

S.M.A.R.T. Goals
Specific  Measureable  Achievable  Relevant  Timely
A benefit of achieving this goal will be:

___________________________________________________________________________________________

What are 3 action steps you could take to begin working on this goal?

1) _______________________________________________________________________________________

2) _______________________________________________________________________________________

3) _______________________________________________________________________________________  

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<thead>
<tr>
<th>Step</th>
<th>Time Needed (if applicable)</th>
<th>Deadline</th>
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