

MY #1 GOAL IS: _____

TARGET DATE: _____

*How will I know
I've reached my
goal?*

.....
.....
.....
.....

THIS GOAL IS IMPORTANT TO ME BECAUSE...



.....
.....
.....
.....
.....

Strengths to help me
achieve this goal...

Obstacles that may arise
are...

How I plan to respond to
obstacles...

