

# GOAL SETTING WORKSHEET

*Please provide the following information and answer the questions below.*

Please list your top three goals: Goal # 1: \_\_\_\_\_

\_\_\_\_\_

This goal is important to me because: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Some barriers in my life that might get in my way of achieving this goal are:

\_\_\_\_\_

\_\_\_\_\_

Goal # 2: \_\_\_\_\_

\_\_\_\_\_

This goal is important to me because: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Some barriers in my life that might get in my way of achieving this goal are:

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Goal # 3: \_\_\_\_\_

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This goal is important to me because: \_\_\_\_\_

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Some barriers in my life that might get in my way of achieving this goal are:

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