



Goal Setting Worksheet

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: _____

Goal #3: _____

This goal is important to me because: _____

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