

Personal Activity for Growth and Development

Simple Goal Setting Worksheet



The basics of setting and completing your goals

Name _____

Goal Start Date _____

My GOAL IS: _____

GOAL COMPLETION DATE _____

TWO THINGS THAT WILL HELP ME REACH MY GOAL

STEPS TO REACHING MY GOAL:

1. _____

1. _____

2. _____

3. _____

2. _____

4. _____

I WILL KNOW I HAVE REACHED MY GOAL BECAUSE: _____

