

GOAL SETTING FORM

Your Dream + Action Steps + Target Date = Goal

Goal - What do I want?

Write down the goal you want to achieve. Use positive, I will statements

Challenge - Why do I want it?

Define the desire or challenge facing you.

Action Steps - How will I get it?

List your specific action steps that once completed will move you closer to your goal.

1.

2.

3.

4.

Target Dates - When do I want it?

The completion date to reach my goal is:



"AT MOTIVATIONZ, WE'RE WITH YOU ALL THE WAY"