

► **Goal Setting Worksheet**

Express your goals as positive statements, and be specific and realistic.

Place your most important goals at the top of your list.

Short-Term Goals (1 Year or Less)	Time Frame for Completion
1)	
2)	
3)	
4)	
5)	

Medium-Term Goals (1–5 Years)	Time Frame for Completion
1)	
2)	
3)	
4)	
5)	

Long-Term Goals (5 Years or More)	Time Frame for Completion
1)	
2)	
3)	
4)	
5)	