

Goal Slayer

WORKSHEET

My Goal

Why

START DATE _____

DEADLINE _____

Steps

ACTION ITEMS	DEADLINE	✓
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

Obstacles

How will I know I've reached my goal?	
Is my goal reasonable?	
Have I tried this in the past?	
Why did I fail in the past?	
What will stop me from achieving my goal now?	
What can I do if that happens?	
How will I know if I'm doing well?	

Milestones & Rewards