

GOAL PLANNING SHEET

Area	Today's Date	Final Target Date	Date Achieved
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Goal (Specific, Measurable, Attainable, Realistic, Tangible)

Benefits from Achieving this Goal

Possible Obstacles

Possible Solutions

Specific Action Steps for Achieving this Goal	Responsible	Target Date	Date Completed
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			

Method of Keeping Score

Is it worth the time, effort and money to reach this goal? _____ Yes _____ No _____ Yes, but later.

AFFIRMATIONS TO SUPPORT THIS GOAL
