My Personal Goal Sheet

To help you get started, use this goal-setting sheet as a template for this and future goals.

Name

**Goal Statement** (with action verb and target date)

**Action Steps** (concrete things you plan to do to reach your goal)
1.
2.
3.
4.
5.

**Narrative Statement** (how your life will look when you reach your goal)

What obstacles will you need to overcome to reach this goal?

I deserve this goal because
1.
2.

I hereby make this commitment to myself.

____________________________________________________

My Signature

________________________

Date