

# GOAL SETTING

Name \_\_\_\_\_

My goal:

This will be challenging because

It is realistic because

My plan includes the following:

\*specific/measurable behaviors

\*list of needed resources

\*support person(s)

\*timeline (completion date and check points)

## Goal Evaluation

Did you meet/accomplish your goal? Why or why not?

What things helped and/or hindered you?

What did you learn?

What would you do differently next time/in the future?