

EXERCISE 10.2 MY GOAL WORKSHEET

Name: _____

Date: _____

In the first lines provided below, write a statement that describes your goal in specific, measurable, realistic, performance based, and positive terms. Then, set an appropriate deadline for reaching this goal. Finally, break down your goal into smaller steps and give each one a deadline as well.

My Goal

Deadline

_____	_____
_____	_____
_____	_____

List *specific* and *measurable* steps that will help you reach your goal:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____