

Name \_\_\_\_\_

# Ready, Set, Goal!

**State a goal for yourself.**

*(Something you want to do, get better at doing, become involved with etc.)*

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**What action(s) is required to reach this goal?**

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**How will you know when your goal has been reached? What does it look like?**

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**When do you expect to meet your goal?**

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**What steps will you have to take to reach your goal?**

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**There are often things that prevent us from reaching goals. Identify what may prevent you and what strategies you will use to confront these barriers:**

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