

* Go for your goals! *

Before you begin making goals, think about what's realistic. Use this worksheet to jot down your goals and the supporting tasks you'll need to strike off your list along the way. It will help you avoid slip-ups and overcome obstacles you may encounter along the way. Don't give up – it takes intentional and sensible growth to achieve goals.

Goal  _____

Deadline  ____ / ____ / ____

Supporting tasks ✓ _____

My outcome/reward _____

Notes