

Goal Setting Worksheets

What specific activity do you want to address? _____

How are you going to measure this activity? What tools are you going to use to keep yourself and your mentors accountable to your progress?

How is your plan going to account for real life events and be adjustable? Remember your goal is a desire, not an expectation, expectations are demands and inflexible.

Ok, now set a specific action that you are going to do and track to accomplish your goal.

Take a look at what you have written so far and make sure it is realistic, what do you think and why?

Set a specific time frame over which you would like to complete this goal and then reassess your progress. _____
