

NAME _____ DATE _____

Goal-setting Worksheet

Instructions: Write down one **long-term goal**, one **middle-term goal**, and one **short-term goal**. Then write down the steps you think you will need to take to reach these goals.

Long-term Goal _____

Steps

1. _____
2. _____
3. _____
4. _____
5. _____

Middle-term Goal _____

Steps

1. _____
2. _____
3. _____
4. _____
5. _____

Short-term Goal _____

Steps

1. _____
2. _____
3. _____
4. _____
5. _____