

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. \_\_\_\_\_