



2022 Goal Setting Worksheet

My goal is: _____

Goal completion: _____

Two things that will help me reach my goal:

- 1) _____
- 2) _____

Five steps to reach my goal:

- 1) _____

- 2) _____

- 3) _____

- 4) _____

- 5) _____

I will know I have reached my goal because: _____

