

Goal-Setting Worksheet

My goal is:

Plans and strategies (paths) to achieve my goal:

1.

2.

3.

What are the pros and cons associated with each plan or strategy?

1.

2.

3.

My chosen plan is:

The first 3 steps of my plan are:

1.

2.

3. _____

What might happen if I change my plan?

Is my goal realistic and feasible?

What's my chance of achieving my goal? Scale of 0 to 10 _____

What is my back-up plan?

What makes me think I can attain my goal?

What would I tell a friend if she asked for advice on my goals and plans?

Are there any barriers that might stand in my way? Are there any people that might not want me to change?
What could I do to prepare myself for these roadblocks?

How much do I believe I can make it? Little medium very much

How much energy do I have to accomplish my goal? Little medium very much

How much do I believe I will accomplish my goal now? (1 to 10) _____

Go for it! Remember that if you aren't able to make the change you want, go back and review possible routes to your goal and the initial steps of the goal. It's very possible that you just need to make some modifications to your plan in order to succeed.

Hope Worksheet adapted from Lopez et al. (2001), p. 147 – 148.