

Achieving Your Goal

Goal:

Date of Goal Setting:

Recognizing the Negatives

What do you think is stopping you from achieving your goal?

Overcoming Obstacles

How can you overcome the obstacles in your way?

Gaining Determination

What can you do to make yourself find the determination to succeed?

Notes

What have you learned about how to accomplish your desired goal?

Best Approach

Determine the best approach to reach your goal.

Set Timeline

What will be your timeline to accomplish your goal.