

Goal Worksheet

Exercise

Use this goal worksheet to establish a written record of your goals. Be sure to set realistic target dates and cost/resources needed. Use the “what needs to be done” section to document the smaller goals that will lead to the achievement of the main goal.

Goal: _____		
Target Date: _____		
Cost/Resources Needed: _____		
What Needs to be Done	Who Will Do it	By When (Date)
_____	_____	_____
_____	_____	_____
_____	_____	_____

Goal: _____		
Target Date: _____		
Cost/Resources Needed: _____		
What Needs to be Done	Who Will Do it	By When (Date)
_____	_____	_____
_____	_____	_____
_____	_____	_____
