

Exploring my goals

Setting a goal can be a great way to motivate yourself, to feel a sense of purpose and direction. Use questions in this sheet to explore your goal!

My desired goal is...

...and I want to achieve it by (time frame)...

I am motivated to achieve this goal because...

Challenges I may encounter on the way to achieve my goal...

Things I have to do to achieve this goal are...

What I know that might help me achieve this goal...

Things I need to figure out in order to achieve this goal...

Skills that might help me achieve this goal are...

People I can rely on to encourage me are...
