

Personal & Professional Goals Worksheet

In the spaces below, write down three goals you're setting for yourself. These can be personal goals, family goals and/or professional goals.

Goal 1: _____

Goal 2: _____

Goal 3: _____

Adding Detail to Your Goals

SPECIFICS	GOAL 1	GOAL 2	GOAL 3
Approach vs. Avoidance			
Degree of Difficulty			
Stretch vs. Mastery			
Time to Completion			
Degree of Change Involved			
Support Networks			
Who Benefits			
Other Details			

Overall, how successful do you think you will be in pursuing these goals?

1	2	3	4	5	6
Not at all successful	A little successful	Somewhat successful	Moderately successful	Mostly successful	Very successful

Goal 1: _____ Goal 2: _____ Goal 3: _____