



YOUR PERSONAL AND PROFESSIONAL GOALS WORKSHEET

Below write down three goals you set for yourself. These can be **PERSONAL GOALS**, **FAMILY GOALS**, and/or **PROFESSIONAL GOALS**.

GOAL 1: _____

GOAL 2: _____

GOAL 3: _____

Adding details to your goals

SPECIFICS	GOAL 1	GOAL 2	GOAL 3
Achievement vs. Avoidance			
Degree of Difficulty Low Moderate High			
Stretch vs Mastery			
Time to Completion			
Degree of Change Involved			
Support Networks			
Potential Detractors			
Beneficiaries			
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: _____