



# Goals Worksheet

1. What do you want to accomplish? Be specific!
2. Who will be involved as a part of achieving the goal?
3. Why do you want to accomplish this goal?
4. What constraints and/or requirements are there for achieving the goal?
5. How will you track the progress of the goal?
6. How will you know when the goal is accomplished?
7. Can the goal be accomplished with your resources (ex. Time, skills, money, etc.)?
8. Is the goal worthwhile? Will you stay motivated to reach it?
9. Is this goal consistent with other goals that you have?
10. When will you reach the goal? Please provide a specific date (MM/DD/YYYY).