

Setting my goal

Step 1:
Where do you want to be?

Where I am now:



Where I want to be:

**This goal is important
to me because ...**

Setting my goal

Step 2: Set your goal

I will ...		
Action	Day/Time	Location
	Time period	Start date

Step 3: Identify and work around potential barriers

What might get in the way	What I can do	Person(s) who can help

Keeping up with my goal

Step 1: Write down the original goal

I will ...
Action
Day/Time
Location
Time period
Start date



Step 2: Solve the problem

What got in the way?	How can I work around it?



Step 3: Revise your goal

I will ...
Action
Day/Time
Location
Time period
Start date