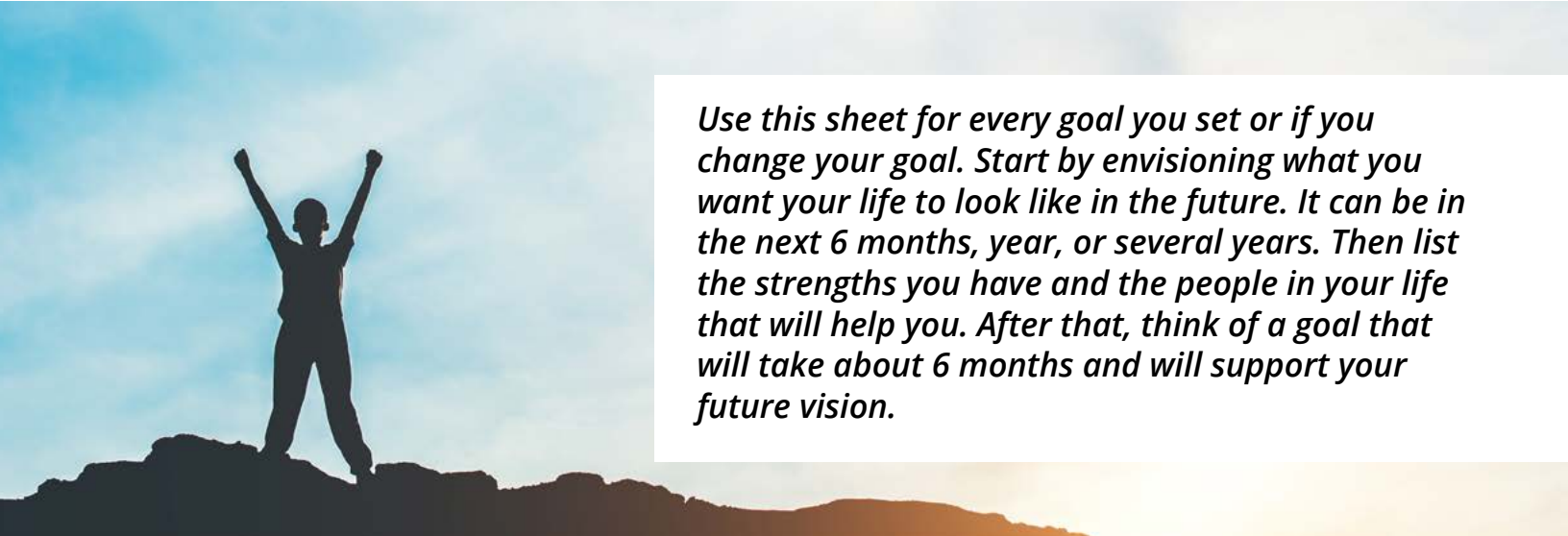




Pursuing My Goals

Name: _____ Date: _____



Use this sheet for every goal you set or if you change your goal. Start by envisioning what you want your life to look like in the future. It can be in the next 6 months, year, or several years. Then list the strengths you have and the people in your life that will help you. After that, think of a goal that will take about 6 months and will support your future vision.

My vision for the future: _____

My strengths: _____

People who can help me with my goal : _____

My goal: _____

Objectives are parts of a goal that help to break down the goal into smaller pieces or represent different parts of a goal that come together to complete the goal. Objectives can be completed in about a month. Each objective will have even smaller steps to break that goal down into very small actions you can take to complete the objective. Steps are small and can be completed within a week. Flip over to start recording your objectives.

Objective 1	Objective 2	Objective 3
Start Date:	Start Date:	Start Date:
Steps	Steps	Steps
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
Review Date: Progress: Achieved Getting There Not Started	Review Date: Progress: Achieved Getting There Not Started	Review Date: Progress: Achieved Getting There Not Started

Continue with new or continued objectives and steps below.

Objective 1	Objective 2	Objective 3
Start Date:	Start Date:	Start Date:
Steps	Steps	Steps
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.
6.	6.	6.
7.	7.	7.
Review Date: Progress: Achieved Getting There Not Started	Review Date: Progress: Achieved Getting There Not Started	Review Date: Progress: Achieved Getting There Not Started