

## Goal Worksheet~ by Patience Domowski, LCSW

1) GOAL: \_\_\_\_\_

Why this is important to me? \_\_\_\_\_

2) Approximate time I should meet this goal:\_\_\_\_\_

3) Steps to reach my goal (include dates to achieve each step)

- Step 1 (What can I do now/first to work on this?)
- Step 2
- Step 3
- Step 4

### Identify Obstacles:

### What might keep me from reaching my goal?

## What can I do to handle those things that keep me from my goal?

4) Who can help with my goals? \_\_\_\_\_

5) What is something motivational I can think about to keep me on track?