

GOALS

Goals: _____

1. _____ - Things we plan to achieve in a short period of time
- A few hours, days, several months
2. _____ - Things we plan to achieve in several months or years
- Harder to achieve
- Usually they have to do with our dreams for the future
3. Types of Goals:
 - A.
 - B.
 - C.
 - D.
 - E.
4. _____ - Things that are most important to you, they have strong influence on your goals
5. Goals need to be _____, _____, and _____
6. _____ - Things you can do to actually reach your goals.
7. Resources:
 - A.
 - B.
 - C.
 - D.
 - E.
8. Barriers: _____

STEPS IN GOAL SETTING

1. Write down goal
- 2.
3. List obstacles
- 4.
5. What Information do you need to know?
- 6.
7. Evaluation