



#38 GOAL SETTING

Name: _____

Week

Ending: _____

LONG TERM GOAL (within the next five - ten years)

SHORT TERM GOAL / VOLUNTEER WORK (within the next three months)

I Will Complete # of Hours _____ to help reach my long term goal.

PLAN

In the past the following has gotten in the way of me reaching my goal:

So for the next two weeks I will do the following instead:

SUPPORT

The following people will support me to reach this goal:

1. _____ Relationship To Me

2. _____ Relationship To Me

3. _____ Relationship To Me

Your Signature _____ Date _____