

# Set & Achieve a Goal

Write down your goal: \_\_\_\_\_

Set a date when you plan to reach your goal: \_\_\_\_\_

List 3 reasons this goal is important to you.

---

---

---

Break down your goal into small and manageable steps.

---

---

---

Who can help you stay on track to reach your goal? \_\_\_\_\_

What challenges could prevent you from reaching your goal?

---

---

---

How will you work through the challenges?

---

---

What accomplishments along the way will ensure that you reach your goal?

---

---

What must you do daily to make sure you reach your goal?

---

---

---

What are the four keys to setting and achieving goals?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_