

Goal Setting – *Your Key to Success*



Having goals keeps you focused on the future and not dwelling on the past. Goals help give you a purpose, and sometimes even a reason to get up in the morning. Think about your short term goals (within the next month), and long term goals (within the next year or more). Think about what it will take you to achieve those goals--break them down so they are easier to work on. Then write them down and check your progress!

GOAL FOR:

This week This month This year After this year

GOAL: _____

Steps to reach my goal:

GOAL FOR:

This week This month This year After this year

GOAL: _____

Steps to reach my goal: