



My Goals

Use this form to start writing down your goals. It is just a tool to help you get started. Once you've finished writing your goals, put it in a notebook so that you can come back and look at it later. Don't forget to keep track of your progress. And remember to review your goals every once in a while and make changes when you need to.

Today's Date _____

My starting point: I am _____

Goal: _____

I want to complete this goal by _____

Steps to Accomplish My Goal:	Completed
	<input checked="" type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

People who can help me reach this goal:

People I have told about this goal:

What can help keep me motivated to continue to reach for my goal? _____

I need to review this goal in _____