

GOAL GETTING GUIDE

Use one sheet per goal. Follow the numbers to get to your goal.

#1

What do you want to change? (Write words or draw in the square below)

#6

What steps do you need to take to reach your goal?

- 1) _____
- 2) _____
- 3) _____

#7

What steps do you need to take to reach your goal?

- 1) _____
- 2) _____
- 3) _____

#2

What result would you have if you made that change? (Write words or draw in the circle below)

#3

What will result if nothing changes? (Write words or draw in the rectangle below)

#5

What new possibilities are there if you make this change?

#4

What will you lose if you don't make this change?
