

My Goals

Use this worksheet to develop short and long-term goals.

List three (3) goals to complete this month. (Be specific; your goals should be measurable, achievable, and time-limited.)

Goal 1:

Goal 2:

Goal 3:

For each goal listed above, what are the benefits of achieving that specific goal? (What will you gain?)

Benefits of Goal 1:

Benefits of Goal 2:

Benefits of Goal 3:

Short-Term Goals



List three (3) short-term goals to complete within the next 3-6 months. Remember to be specific.

Goal 1:

Goal 2:

Goal 3:

For each goal listed above, what are the benefits of achieving that specific goal? (What will you gain?)

Benefits of Goal 1:

Benefits of Goal 2:

Benefits of Goal 3:

Long-Term Goals

List three (3) long-term goals to complete within the next 1-3 years.

Remember to be specific.

Goal 1:

Goal 2:

Goal 3:

For each goal listed above, what are the benefits of achieving that specific goal? (What will you gain?)

Benefits of Goal 1:

Benefits of Goal 2:

Benefits of Goal 3:

Finally, write down a lifetime goal (something you would like to achieve before you die). Include why this goal is important to you.
