

Get Serious About Setting Goals

State your specific goal: _____

Be specific about when you will reach your goal _____

How will you know when you reach your goal? _____

Why is this goal meaningful for you? _____

What steps are required in order to realize your goal? _____

What barriers will prevent you from realizing your goal? _____

How will you deal with the barriers? _____

What will your checkpoints be? (*end of day, end of week tracking*) _____

Who will help you stay the path with your goal? _____

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

How will you deal with the distractions that prevent you from reaching your goal? _____

What must you do each day to **make it happen**? _____