

Your Personal and Professional Goals Worksheet

Below write down three goals you set for yourself. These can be Personal Goals, Family Goals, and/or Professional Goals.

Goal 1: _____

Goal 2: _____

Goal 3: _____

Adding Detail to Your Goals

Specifics:	Goal 1	Goal 2	Goal 3
Approach vs. Avoidance:			
Degree of difficulty: Low Moderate High			
Stretch vs. Mastery:			
Time to completion:			
Degree of change involved:			
Support Networks:			
Potential Detractors			
Beneficiaries:			
Other Details:			

Overall, how successful do you think you will be in pursuing these goals?

1	2	3	4	5	6
Not at all successful	A little successful	Somewhat successful	Moderately successful	Mostly successful	Very successful

Goal 1: _____ Goal 2: _____ Goal 3: _____