



## 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 details to your goals

SPECIFICS	GOAL 1			GOAL 2			GOAL 3		
Achievement vs. Avoidance									
Degree of Difficulty	Low	Moderate	High	Low	Moderate	High	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: \_\_\_\_\_