

## Goal Setting Worksheets

What specific activity do you want to address? \_\_\_\_\_

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How are you going to measure this activity? What tools are you going to use to keep yourself and your mentors accountable to your progress?

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How is your plan going to account for real life events and be adjustable? Remember your goal is a desire, not an expectation, expectations are demands and inflexible.

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Ok, now set a specific action that you are going to do and track to accomplish your goal.

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Take a look at what you have written so far and make sure it is realistic, what do you think and why?

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Set a specific time frame over which you would like to complete this goal and then reassess your progress. \_\_\_\_\_

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