

# Goal Setting Worksheet

Strengths I have to reach my goal...

Resources I can use to reach my goal...

My Goal

Action steps to reach my goal...

The diagram is a large rectangle divided into three sections. At the top, a vertical line splits the space into two columns. The left column is labeled 'Strengths I have to reach my goal...' and the right column is labeled 'Resources I can use to reach my goal...'. In the center of the rectangle is a large circle labeled 'My Goal'. Two diagonal lines extend from the bottom corners of the rectangle towards the bottom edge of the circle, creating a triangular area at the bottom labeled 'Action steps to reach my goal...'.