

# Goal Setting Practice

Practice setting goals by identifying one immediate, short-term, intermediary and long-term

Immediate Goal	
Short-Term Goal	
Intermediary Goal	
Long-Term Goal	

## Goal Organizer Questions:

1. What is your goal?
2. What benefits will you gain by achieving this goal?
3. What consequences will you experience if you do NOT achieve this goal?
4. What obstacles might you encounter while working on this goal?
5. How can you deal with the obstacles effectively if they occur?
6. What people or resources could help you with achieving this goal?

Choose one of these goals, and answer the Goal Organizer questions:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

*Make sure your goal is S.M.A.R.T.!*