GOAL DEVELOPMENT WORKSHEET
Date _______________

☐ Goal #1: ________________________________________________________________

Importance Rating: ________  Confidence: _________

How will I meet this goal?
Action 1: ________________________________
Action 2: ________________________________
Action 3: ________________________________

What are the potential Obstacles and how do I overcome them?
Obstacle 1: ______________________________ Plan: ______________________________
Obstacle 2: ______________________________ Plan: ______________________________

I want to achieve this goal by: ______________________________

Notes:

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☐ Goal #2: ________________________________________________________________

Importance Rating: ________  Confidence: _________

How will I meet this goal?
Action 1: ________________________________
Action 2: ________________________________
Action 3: ________________________________

What are the potential Obstacles and how do I overcome them?
Obstacle 1: ______________________________ Plan: ______________________________
Obstacle 2: ______________________________ Plan: ______________________________

I want to achieve this goal by: ______________________________

Notes:

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☐ Goal #3: ________________________________________________________________

Importance Rating: ________  Confidence: _________

How will I meet this goal?
Action 1: ________________________________
Action 2: ________________________________
Action 3: ________________________________

What are the potential Obstacles and how do I overcome them?
Obstacle 1: ______________________________ Plan: ______________________________
Obstacle 2: ______________________________ Plan: ______________________________

I want to achieve this goal by: ______________________________

Notes:

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_________________________________________ _______________________________________
Signature of Client/Date                Signature of Coach/Date