



Setting Goals

Directions: Use the table below to set some short and long term goals. Don't forget to come up with an **estimated** date of completion.



To be in the mode to reach your goals, you have to think about what goals you want to achieve, write them out, then set dates.

Short Term Goals (within the next few months)	Dates
•	
•	
Long Term Goals (within the next few years)	Dates
•	
•	

**** It's ok if you don't reach your goal by the date you set. Keep in mind the date is an estimate. The goal is to get started and give you something to work towards.**