

My Most Important Goal

Name: _____

State a positive goal statement that is realistic, measurable, time sensitive, attainable and specific. Once you've stated the goal below, complete the 5Ws and H for your goal.

GOAL STATEMENT: _____

WHO (*Who can help me, who will work with me, who benefits from my goal?*) _____

WHAT (*What action steps are needed?*) _____

WHERE (*Where will I start? Where will I be in 2 months? 2 years?*) _____

WHEN (*When will I begin? When will I reach my goal?*) _____

WHY (*Why is this goal important to me? Why am I motivated?*) _____

HOW (*How will I see my goal through? How will this goal help me?*) _____
