

Your Personal and Professional Goals Worksheet

**Below write down three goals you set for yourself. These can be Personal Goals, Family Goals, and/or Professional Goals.**

Goal 1: \_\_\_\_\_

Goal 2: \_\_\_\_\_

Goal 3: \_\_\_\_\_

**Adding Detail to Your Goals**

<b>Specifics:</b>	<b>Goal 1</b>	<b>Goal 2</b>	<b>Goal 3</b>
Achievement vs. Avoidance:			
Degree of difficulty: Low Moderate High			
Stretch vs. Mastery:			
Time to completion:			
Degree of change involved:			
Support Networks:			
Potential Detractors			
Beneficiaries:			
Other Details:			

**Overall, how successful do you think you will be in pursuing these goals?**

1	2	3	4	5	6
Not at all successful	A little successful	Somewhat successful	Moderately successful	Mostly successful	Very successful

Goal 1: \_\_\_\_\_ Goal 2: \_\_\_\_\_ Goal 3: \_\_\_\_\_