

Goal Setting for Success: Use this form to write out your personal goal and establish a success plan.

Goal: Write your personal goal here. It must be positive and deal with the present season.

Obstacles to achieving your goal: List everything that stands between you and reaching your goals.

Solutions to the obstacles listed above:

Expected Benefits: Reaching this goal will benefit me these ways.

Verbal Affirmations: Write several statements utilizing positive self-talk to convince yourself you are capable of reaching this goal.

Goal Checklist - Refer to your "Goal Checklist" to guarantee you are prepared to reach this goal.

Stated Clearly? Deadline Established? Time Commitment Personal
 Challenging? Visualization? Belief? Handle Setbacks?
 Measurable? Written Affirmations? Patience and Determination?

Is it worth it to me? Am I willing to invest the time and effort to obtain the expected benefit?

Yes, I am Well, maybe No, I don't believing in sweating

Signature _____ Date _____