What is goal setting? Why is it important? How does goal setting help lead us to success? Why would it be important to set a variety of goals? Why would it be important to look at what things could get in the way and how to work around those obstacles? **Fill up all of the lines below with your thoughts.**
**Goal For My Life**
This goal could be physical, academic, career-oriented, social or spiritual.

**WISH** What is an important wish that you want to accomplish in your Life? Your WISH should be challenging, but possible. **Maximum 3-6 words in length.**

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

**OUTCOME** What will be the best OUTCOME from accomplishing your wish? How will you feel?

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

**OBSTACLE** What is the main OBSTACLE inside you that might prevent you from accomplishing your wish?

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________

**PLAN** Select an effective PLAN of action to tackle the obstacle.

If ____________________________________________________________________________

Then I will _______________________________________________________________________


<table>
<thead>
<tr>
<th>Activities To Complete In Order To Reach My Life Goal</th>
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</thead>
<tbody>
<tr>
<td>1.</td>
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<td>2.</td>
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<td>3.</td>
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</tbody>
</table>
**Goal For This Year**
This goal could be physical, academic, career-oriented, social or spiritual.

**WISH** What is an important wish that you want to accomplish this Year? Your **WISH** should be challenging, but possible. **Maximum 3-6 words in length.**

__________________________________________________________

**OUTCOME** What will be the best **OUTCOME** from accomplishing your wish? How will you feel?

__________________________________________________________

**OBSTACLE** What is the main **OBSTACLE** inside you that might prevent you from accomplishing your wish?

__________________________________________________________

**PLAN** Select an effective **PLAN** of action to tackle the obstacle.

If _______________________________________________________

Then I will ______________________________________________

**Activities To Complete In Order To Reach This Year’s Goal**

1. ______________________________________________________

2. ______________________________________________________

3. ______________________________________________________
**Goal For This Term**
This goal could be physical, academic, career-oriented, social or spiritual.

**WISH** What is an important wish that you want to accomplish this Term? Your **WISH** should be challenging, but possible. Maximum 3-6 words in length.

_________________________________________________________________________________

**OUTCOME** What will be the best **OUTCOME** from accomplishing your wish? How will you feel?
_________________________________________________________________________________

**OBSTACLE** What is the main **OBSTACLE** inside you that might prevent you from accomplishing your wish?
_________________________________________________________________________________

**PLAN** Select an effective **PLAN** of action to tackle the obstacle.
If _____________________________________________
Then I will _____________________________________
_________________________________________________________________________________

**Activities To Complete In Order To Reach This Term’s Goal**
1.

2.

3.