## **GOAL SETTING WORKSHEET**

1.	What is the overarching goal you would like to accomplish?
2.	What small pieces can you break this goal into?
3.	What behaviors will need to change in order accomplish these small pieces?
4.	What thoughts will need to change in order to accomplish these small pieces?
5.	How will you measure your progress with this goal?
6.	How will you get support meeting this goal?