

JOURNAL

GOALS





Goals

Goal Setting

My goal

How I'll know I've reached my goal

Why this goal is important to me

My strengths that will help me

Challenges that may arise



How I will respond to these challenges

My action steps

- _____
- _____
- _____
- _____
- _____

My Goals

	GOALS
RELATIONSHIPS	
HEALTH & FITNESS	
FUN & RECREATION	
PERSONAL GROWTH	
CAREER	
SPIRITUALITY	

NOTES

Goal Check-In

HOW I FEEL ABOUT MY GOALS

PROGRESS I AM PROUD OF

CHALLENGES I FACED

NEXT STEPS
