

Goal Setting Worksheet

Goals	Short: Midterm: Long-term:
Tasks to Complete	1. 2. 3. 4. 5.
Dates to Complete Tasks	1. 2. 3. 4. 5.
Reevaluation of Goals (Make necessary changes)	1. 2. 3. 4. 5.
Reward Yourself	1. 2. 3. 4. 5.

Notes: (Track progress)

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LEJANARO