

GOAL SETTING WORKSHEET

NAME _____

GOAL START DATE _____

GOAL COMPLETION DATE _____

MY GOAL IS:

THREE THINGS THAT I CAN DO TO MAXIMIZE MY CHANCES OF ACHIEVING MY GOAL:

I WILL _____
I WILL _____
I WILL _____



REMEMBER:
IT TAKES HARD WORK TO
ACHIEVE GREATNESS

TKD
WELLNESS
Fitness.Fun.Empowerment