

Name:

Date:

THREE GOALS SHEET

PLEASE THINK CAREFULLY BEFORE ANSWERING THE FOLLOWING QUESTIONS

Please list three short term goals (within the next 3 months)

1. _____
2. _____
3. _____

Please list three medium term goals (within the next 6 months)

1. _____
2. _____
3. _____

Please list three long term goals (within the next 12-24 months)

1. _____
2. _____
3. _____

Please list three obstacles to achieving all or some of these goals

1. _____
2. _____
3. _____

Please list three people in your life who will be supportive (first name only &/or relation to you)

1. _____
2. _____
3. _____

Please list three people in your life who might not be supportive (first name only and/or relation to you)

1. _____
2. _____
3. _____