

**GOALS SUMMARY SHEET**

**TOP 3 FOCUS GOALS**

**Done?**

**Goal 1:** \_\_\_\_\_ **By:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Goal 2:** \_\_\_\_\_ **By:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Goal 3:** \_\_\_\_\_ **By:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**NEXT 7 FOCUS GOALS**

**Goal 4:** \_\_\_\_\_ **By:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Goal 5:** \_\_\_\_\_ **By:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Goal 6:** \_\_\_\_\_ **By:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Goal 7:** \_\_\_\_\_ **By:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Goal 8:** \_\_\_\_\_ **By:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Goal 9:** \_\_\_\_\_ **By:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Goal 10:** \_\_\_\_\_ **By:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Goal:** \_\_\_\_\_

**By:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Type:** Self Esteem, Control & Org, Health, Career, Finance, Personal Development, Relationships, QOL

**Obstacle 1:** \_\_\_\_\_

**Action Steps:**

**Done?**

1. \_\_\_\_\_ S \_\_\_\_/\_\_\_\_/\_\_\_\_ F \_\_\_\_/\_\_\_\_/\_\_\_\_

2. \_\_\_\_\_ S \_\_\_\_/\_\_\_\_/\_\_\_\_ F \_\_\_\_/\_\_\_\_/\_\_\_\_

3. \_\_\_\_\_ S \_\_\_\_/\_\_\_\_/\_\_\_\_ F \_\_\_\_/\_\_\_\_/\_\_\_\_

4. \_\_\_\_\_ S \_\_\_\_/\_\_\_\_/\_\_\_\_ F \_\_\_\_/\_\_\_\_/\_\_\_\_

**Obstacle 2:** \_\_\_\_\_

**Action Steps:**

1. \_\_\_\_\_ S \_\_\_\_/\_\_\_\_/\_\_\_\_ F \_\_\_\_/\_\_\_\_/\_\_\_\_

2. \_\_\_\_\_ S \_\_\_\_/\_\_\_\_/\_\_\_\_ F \_\_\_\_/\_\_\_\_/\_\_\_\_

3. \_\_\_\_\_ S \_\_\_\_/\_\_\_\_/\_\_\_\_ F \_\_\_\_/\_\_\_\_/\_\_\_\_

4. \_\_\_\_\_ S \_\_\_\_/\_\_\_\_/\_\_\_\_ F \_\_\_\_/\_\_\_\_/\_\_\_\_

**Obstacle 3:** \_\_\_\_\_

**Action Steps:**

1. \_\_\_\_\_ S \_\_\_\_/\_\_\_\_/\_\_\_\_ F \_\_\_\_/\_\_\_\_/\_\_\_\_

2. \_\_\_\_\_ S \_\_\_\_/\_\_\_\_/\_\_\_\_ F \_\_\_\_/\_\_\_\_/\_\_\_\_

3. \_\_\_\_\_ S \_\_\_\_/\_\_\_\_/\_\_\_\_ F \_\_\_\_/\_\_\_\_/\_\_\_\_

4. \_\_\_\_\_ S \_\_\_\_/\_\_\_\_/\_\_\_\_ F \_\_\_\_/\_\_\_\_/\_\_\_\_

**Reward for Completion** \_\_\_\_\_

**By:** \_\_\_\_/\_\_\_\_/\_\_\_\_