

GOALS

Goals are the accomplishments to which we aspire. They are concepts we have about where we would like to be, what we would like to be doing, and who we would like to become. They are our dreams, our hopes, and our predictions for ourselves. They can be lofty or simple, personal or professional, short term or long term.

Whatever your goals may be, they are YOURS. You can set them, you can change them, and you can reach them. Take some time and consider your goals. Reflect. What is important to you? Where have you come from? Where are you now? Where would you like to go from here? How will you get there?

MY GOALS

1. _____
2. _____
3. _____
4. _____
5. _____

(Feel free to use the back of this sheet if you need space for additional goals.)

It is important to visualize your goals. Own them. Make sure that you believe in them. See yourself attaining them. Picture them in your mind every chance you get. Read over them every day. Share them with others, or keep them to yourself—but no matter what, know in your heart that they are yours. You can reach them. No one can take them from you!

GOOD LUCK!