

Setting Goals

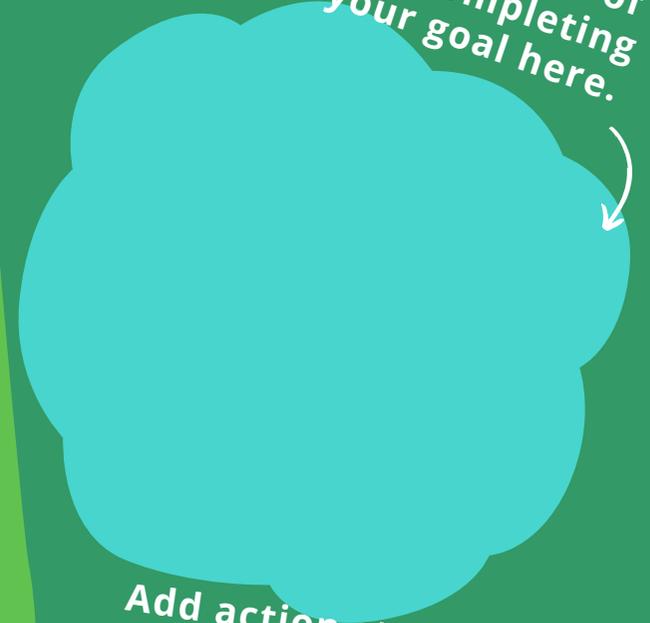
Goals need plans of action! When you set a goal, you often have to set several smaller goals, called action steps, to reach the overall goal.
In the boxes below, write a goal that is important to you and then identify the mini goals/action steps needed to complete the goal.

Sample action step 1: I will find a training program.
Add your first action step below.



Sample action step 2: I will write the plan in my daily planner and follow it.
Add second action step below.

Sample goal: I will complete a 5k race
Write your goal below.



Add a photo of you completing your goal here.

Add action step 3 here

Sample action step 3: I will sign up for a 5K!
Add third action step below.

Add action steps 1 & 2 here

Modified from worksheetplace.com