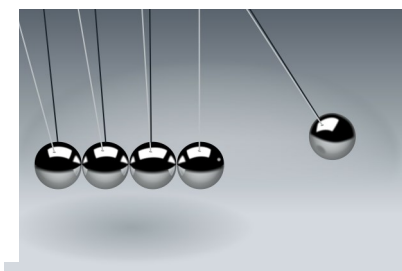




GOAL SETTING

MODULE 5: SHORT TERM GOALS SHORT TERM GOALS EXAMPLES

Action Steps... Getting
closer to reach my
goal



ACTION STEP

There are many ways to get you closer to your short term goal. Write out your short term goal steps in detail so that you can focus on the step by step approach of goal setting. Allowing you to have a plan will make reaching your goals a habit and you will be able to reach whatever you desire.

Make it happen!

Since my short term goal will be reached in _____ (insert amount of time that your goal will be reached), I will be focusing on specific areas in order to reach my goal.

1. I will focus on the first aspect of my goal: (what is the first action that you will take in order to reach your goal)
_____.
2. The second aspect of my goal includes: (write the second action that you will take in order to reach your goal)
_____.
3. I will focus on the third aspect of my goal: (what is the third action that you will take in order to reach your goal)
_____.
4. By completing those 3 steps I will celebrate these shorter milestones that will get me on track to continue to reach my goals. This is how I will celebrate that:

Great job! Part of goal setting is celebrating the “wins” and the moments that you accomplish. Keep moving ahead and keep implementing those steps that you have set forward. Remember that every step you take is a closer step to reaching your goal.