

1-1-5 Goal Setting Worksheet

One value, One goal, and 5 actions and strategies to support my goal

Value: Write down one value that is important to me.		
Goal: Write a goal that supports the value as a specific and measurable goal.		
5 Actions that support goal	Strategies to achieve action	Target date for completion
1.		
2.		
3.		
4.		
5.		