

Choosing a Goal Worksheet

Answer the following questions. Use your answers to help narrow down your list of ideas and choose a goal.

1. What are your strengths and weaknesses?

Strengths

Weaknesses

2. In what areas would I like to improve?

3. Is there anything new I would like to learn to do?

4. What are my plans for the future?

From your answers to the questions above, make a list of five possible goals:

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- ---
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From that list of five goals, choose one goal to start with.

My goal is....
