

# Goal Setting Workbook

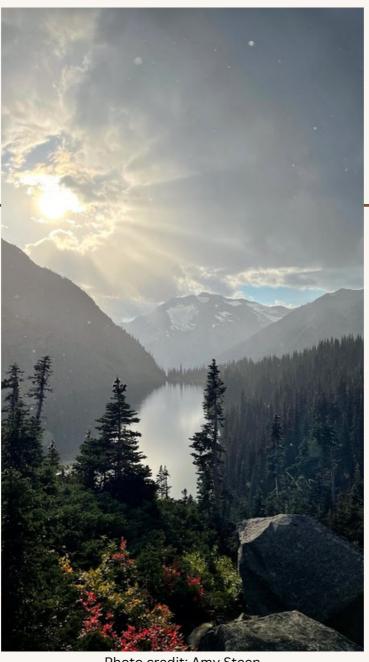


Photo credit: Amy Steen

Do the best you can until you know better. Then, when you know better...Do better. - Maya Angelou



#### U.N.I.Q.U.E. Goal Setting

Date: / / Uncover the topic: What exactly do I want? Notion of success: How will I measure success? Importance: How important is this goal? Questions: What options are available? What are the benefits of each option? What are the potential barriers? What incremental steps can I take? How can I keep myself accountable? How will I know I"ve succeeded? Unique summary: Reflect on my work. Summarize my notes.

Execution of next steps: Outline my plan

resources, and measures of success for each

including actions required and time,

action.

# Having a conversation with obstacles

-	,	
Date:	/	/
Date.	/	

Why do I avoid going out of my comfort zone? What are my biggest fears about the things that are outside of my comfort zone?

How can I reframe/overcome the fears and obstacles I have outlined?

What new things can I try to solve my problems and achieve my goals? What are some of my transferable skills?

What kind of things will I be missing out on if I stay in my comfort zone? How will my life look in 1/3/10 years' time?

What will my life look like in 1/3/10 years' time when I decide to take a path toward learning and growing?

Moving forward...

# Setting My Goal

Date: / /

and chart a way forwachieve and write why	ward. Write down the goal you want to is it important for you. Then, explore the poportunities and threats to your plan.
 Goal:	It's important to me because :
	•
	I'll know I'm successful when:
SWOT (Strengths, Weaknesses, Opportunities	Strengths of my goal:
, Threats)	Weaknesses of my goal:
	The opportunities:

The threats/risks:

Incremental progress...

## Achieving My Goal

Date: / /
My goal that I want to achieve?
Why do I want to achieve this goal? Why is it important to me?
What habits do I need (things I have to do regularly) to achieve this goal? What supports do I need?
What habits might slow me down in achieving my goals?

### My Goal Summary

	Date:	/	/	
My goal:				
Small steps I'm taking to achieve my go	oal:			
What I'm doing each day/week to achieve my goal:				
I will know I'm successful when:				