

# GOAL SETTING

My mission is to (what) \_\_\_\_\_

In order to (why) \_\_\_\_\_

By (when & how) \_\_\_\_\_

Milestone Goal 1

Driving Goals

Process Goals: I will achieve my goals by...

PERFORMANCE

Milestone Goal 2

Driving Goals

Process Goals: I will achieve my goals by...

My Social Support Team

*Teammate (person who will help me)*

*Type of support I expect and seek from them*

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

6. \_\_\_\_\_

\_\_\_\_\_