

# Goal Setting Sheet



Goals for-----

Goal	Action points	Why & what benefit/gain	Who to help & how	Date to be achieved	Results so far & actions taken +/-	Date actually achieved	Reward
1.	1. 2. 3. 4. 5.				1. 2. 3. 4. 5.		
2.	1. 2. 3. 4. 5.				1. 2. 3. 4. 5.		
3.	1. 2. 3. 4. 5.				1. 2. 3. 4. 5.		
4.	1. 2. 3. 4. 5.				1. 2. 3. 4. 5.		

<b>Goal</b>	<b>Action points</b>	<b>Why &amp; what benefit/gain</b>	<b>Who to help &amp; how</b>	<b>Date to be achieved</b>	<b>Results so far &amp; actions taken +/-</b>	<b>Date actually achieved</b>	<b>Reward</b>
5.	1. 2. 3. 4. 5.				1. 2. 3. 4. 5.		
6.	1. 2. 3. 4. 5.				1. 2. 3. 4. 5.		
7.	1. 2. 3. 4. 5.				1. 2. 3. 4. 5.		
8.	1. 2. 3. 4. 5.				1. 2. 3. 4. 5.		