

Street-Wise Goal Worksheet

List your ten most important personal goals.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Next list your ten most intensely desired personal goals.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What are your top ten family and relationship goals?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What are your top ten health goals – fitness, sports, weight?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What are your social goals? What contributions do you want to make to your community?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

What are your goals for education or personal and professional development?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Now, referring to your answers in the previous goal-setting questions, make a list of 10 goals you would like to accomplish within the next 12 months.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

To help prioritize your goals, if you knew you were guaranteed success in any one of the top ten goals which one would you choose?

Take this first goal and complete the following six steps:

1. Write out your goal in detail and set a deadline.

2. List all the obstacles and limitations that stand between you and your goal.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

3. List additional information, knowledge and skills you will need to acquire in order to achieve your goal?

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

4. List the people whose help, support and cooperation you will require to achieve your goal?

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

5. Make a plan of action to achieve your goal – a list of activities by priority and sequence.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____
- g. _____
- h. _____

Assign responsibility for carrying out the plan – who is going to do what?

WHO

WHAT

1. _____
2. _____
3. _____
4. _____
5. _____

Take each action in your plan and set a timeline for its completion.

Action

Deadline

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____