

# GOAL WORKSHEET

**My goal:** \_\_\_\_\_

Below, break down your goal into smaller action steps - accomplishing smaller sub-goals leads to a sense of progress, helps it seem achievable, & boosts self-efficacy!

Action Step	Completion Date

## Investment

What resources are you investing to accomplish this goal? (Time, money, resources, etc.)

# Implementation Intention Setting

**Step 1:** Think through obstacles you might face in pursuing your goal(s) & write them down.

**Step 2:** Plan an action in response to the obstacle by setting an "implementation intention" (an "if-then" statement) to address each of your obstacles (eg "IF I find myself losing focus, then I will take a brief walk to re-center myself and return to work.")

<b>Obstacle</b>	
<b>Action</b>	
<b>Obstacle</b>	
<b>Action</b>	
<b>Obstacle</b>	
<b>Action</b>	
<b>Obstacle</b>	
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