

GOAL EXPLORATION WORKSHEET

INTERESTS

Write down three interests. These will help you to create short- and long- term goals.

- 1.
- 2.
- 3.

STEPS

Now that you have thought about your interests, let's take steps towards learning more about your options!

Step	Time Needed	Deadline

DREAMS

Picture yourself five/ten years from now. What does your life look like?

What does your life look like in 5-10 years? How do you define success and how will you know you have achieved it?

OBSTACLES

What obstacles may get in your way?

RESOURCES

Identify three resources (people, places, things) that could help you achieve your dream. Explain how these resources can support you.

Resource	This resource can support me by...

GOALS

Using all of the above information, identify two short-term and one long-term goal.

SHORT-TERM GOAL #1

SHORT-TERM GOAL #2

LONG-TERM GOAL #1