



# The 5-Minute GOAL SETTING PLAN



Many people don't achieve their full potential because they do not define and work toward goals. When writing a goal, start with "I will" and assign a date for completion.

My goal:

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Goals are challenging because everyone has obstacles. What are some obstacles you might encounter? What are solutions?

## OBSTACLES

## SOLUTIONS

|    |  |
|----|--|
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |

What are five action steps to take to make the goal a reality?

## ACTION

## DUE DATE



|    |  |  |
|----|--|--|
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |

I will know I'm successful when: \_\_\_\_\_

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