Goal Planning Sheet

Role:

Mission Statement

Goal Achievability Checklist

- ☐ Motivational...value-based.
- ☐ Attainable...but challenging.
- ☐ Clear...specific and understandable.
- ☐ Measurable...in time, quantity, etc.
- ☐ Time-constrained...start/end dates.
- ☐ Written...visualized and affirmed.

Continuing Objectives

Goals

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