Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Goal-Setting Worksheet**

Long-term Goal: **What is your dream?**

Short-term Goals: **What skills do you need to work on? Divide these into two groups:**

**Low Effort Skills:**

**High Effort Skills:**

**Weekly Plan:** Choose one short-term skill to work on for one week.

Decide what will help you build up your skills and plan it out:

|  |  |
| --- | --- |
| Monday |  |
| Tuesday |  |
| Wednesday |  |
| Thursday |  |
| Friday |  |
| Saturday |  |
| Sunday |  |