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| Personal and Professional Goals Worksheet | | | | | |
|  | | | | | |
| Below, write down three goals you set for yourself. These can be personal, family, or professional goals. | | | | | |
| Goal 1: | | | | | |
| Goal 2: | | | | | |
| Goal 3: | | | | | |
| Adding detail to your goals: | | | | | |
|  | Goal 1 | | Goal 2 | | Goal 3 |
| Achievement or Avoidance |  | |  | |  |
| Degree of Difficulty  Low/Moderate/High |  | |  | |  |
| Stretch or Mastery |  | |  | |  |
| Time to Complete |  | |  | |  |
| Degree of Change Involved |  | |  | |  |
| Support Networks |  | |  | |  |
| Potential Distractions |  | |  | |  |
| Beneficiaries |  | |  | |  |
| Other Details |  | |  | |  |
| Overall, how successful do you think you will be in pursuing these goals? | | | | | |
| Not Successful At All Badge 1 with solid fill Badge with solid fill Badge 3 with solid fill Badge 4 with solid fill Badge 5 with solid fill Very Successful | | | | | |
| Goal One  Badge 1 with solid fill Badge with solid fill Badge 3 with solid fill Badge 4 with solid fill Badge 5 with solid fill | | Goal Two  Badge 1 with solid fill Badge with solid fill Badge 3 with solid fill Badge 4 with solid fill Badge 5 with solid fill | | Goal Three  Badge 1 with solid fill Badge with solid fill Badge 3 with solid fill Badge 4 with solid fill Badge 5 with solid fill | |

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