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| Personal and Professional Goals Worksheet |
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| 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 DifficultyLow/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 OneBadge 1 with solid fill Badge with solid fill Badge 3 with solid fill Badge 4 with solid fill Badge 5 with solid fill | Goal TwoBadge 1 with solid fill Badge with solid fill Badge 3 with solid fill Badge 4 with solid fill Badge 5 with solid fill | Goal ThreeBadge 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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