



**AMANDA
PATRICK**
COACHING

GOAL SETTING WORKSHEET

Date : _____

Name: _____

GOAL #1

My goal is:

This goal is important to me because:

Some barriers in my life that may get in the way of achieving this goal are:

Your true power is in your ability to think long-term.



GOAL #2

My goal is:

This goal is important to me because:

Some barriers in my life that may get in the way of achieving this goal are:

GOAL #3

My goal is:

This goal is important to me because:

Some barriers in my life that may get in the way of achieving this goal are: