

MY GOALS

Utilize the following template to establish both short and long-term goals, enabling us to visualize and strategize the desired outcomes we aim to accomplish. This process not only fosters a sense of purpose and direction but also facilitates sustained motivation and concentration on the immediate tasks at hand. Furthermore, envisioning the future empowers us to anticipate and proactively address potential obstacles or challenges, enabling us to adapt our plans accordingly and stay firmly on course towards achieving our goals.

THREE SHORT TERM GOALS (WITHIN 3 MONTHS)

- 1
- 2
- 3

THREE LONGER TERM GOALS (IN 12 MONTHS)

- 1
- 2
- 3

**IN 5 YEARS TIME I WOULD BE PROUD OF MYSELF IF I
WOULD HAVE ACHIEVED THE FOLLOWING:**

**OBSTACLES THAT MAY
OCCUR ARE**



**WHAT AM I GOING TO DO TO
OVERCOME THESE OBSTACLES**

