

GOAL SETTING EXERCISE

Using the **Assumptive Goal Setting Process**, identify and describe five goals that you plan to achieve over the next 12 months. **Write each goal in the past tense**, as if you have already achieved it. Be sure to include the date you reached it. Then write down, the past tense, 4 steps you took to accomplish each goal.

Goal 1:

Step 1

Step 2

Step 3

Step 4

Goal 2:

Step 1

Step 2

Step 3

Step 4

Goal 3:

Step 1

Step 2

Step 3

Step 4

Goal 4:

Step 1

Step 2

Step 3

Step 4

Goal 5:

Step 1

Step 2

Step 3

Step 4
