

## Goal Setting Activity

\_\_\_\_\_ To \_\_\_\_\_ BY \_\_\_\_\_

**X**

(X marks the place  
where you are  
currently)

**Y**

(Y states the place you  
want to go)

**When**

(Be specific about the  
time frame)

**List the indicators that are associated with your goal:**

**List the specific strategies needed to accomplish your goal:**