

Goal Mapping

Process Goal: sub-goal that will help me achieve the outcome goal
Actions & Tasks: actions to take to achieve the process goal

Outcome Goal (Long-Range)		
Importance of Achieving This Goal		

Process Goal #1

Process Goal #2

Process Goal #3

Actions & Tasks

1. _____
2. _____
3. _____

Actions & Tasks

1. _____
2. _____
3. _____

Actions & Tasks

1. _____
2. _____
3. _____



What obstacles might keep you from obtaining your goals?

What resources will help you overcome these obstacles?

What skills do you need to master to achieve your goals?

How and from whom can you learn these skills?

What habits do you want to change and learn to achieve your goals?

Habits to ***unlearn***:

Habits to ***learn***:

Who will keep you accountable?

What is your timeline for getting started? When will you assess your progress?
