

private prep
GOAL-SETTING CHECKLIST

Steps to Achieving Your Goals

☐ DO: Set a clear, specific, and measurable goal.

☐ OBSTACLE: Make a list of potential obstacles to achieving your goal.

☐ PLAN: Create a specific plan that addresses the obstacles you've identified.

☐ DO: Execute your plan.

☐ REVIEW: Regularly review and adjust your plan based on what did or didn't work.
