

GOAL STORMING

Name _____

Today's Date _____

Instructions: Write down as many things you want to achieve in the future as you can think of in five minutes. You can also use sticky notes or small pieces of paper. We will use this to guide what we work on next, and how to plan for that goal. There are no right or wrong goals- write down anything that comes to mind. They should be meaningful to you and doable.

