Goal Sheet

Goal: _____

Type of Goal: ☐ Lifetime ☐ Transitional ☐ Foundational ☐ Provisional

Goal Statement:

_____

_____

Reason why you what to reach this goal:

_____

_____

List other goals associated with this goal:

Lifetime: _____

Capstone: _____

Foundational: _____

Needs Analysis

List skills needed to achieve this goal:

_____

_____

_____

List information and knowledge needed to achieve this goal:

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_____

Identify who will help you reach your goal:

_____

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List resources needed to achieve your goal:

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List the benefits of achieving your goal:

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List the obstacles to overcome in accomplishing your goal:

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List objectives:

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List the objectives that can be goals:

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Action Plan

	Objective	Start Date	Completion Date
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