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Goal Worksheet

Name

Today's Date

Goals are statements of what you want to change or improve.

Objectives are the steps or behaviors you might take to bring about those goals.

Example: Goal: 1. I am unhappy in my work and would like to find a new career.

Objectives: 1. Explore the underlying issues of my unhappiness.
2. Research training opportunities.

Goal 1:

Objectives:

Goal 2:

Objectives:

Goal 3:

Objectives: