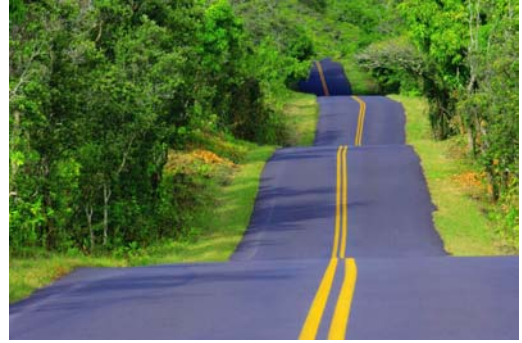


# Deb Presser Life Coach

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## Goal Worksheet

Name \_\_\_\_\_ 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

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Objectives

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Goal 2

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Objectives

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Goal 3

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Objectives

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