

Goal Setting Worksheet II

The Present – Who are you now?

Now that you have imagined the future, let's return to the present. The purpose of this exercise is to aid you in drawing together information about yourself. You will use this information in goal setting and planning.

1. In what you are doing now, what is giving you:

The greatest sense of accomplishment? _____

The least sense of accomplishment? _____

2. What are your strengths? _____

3. What areas in your life need personal development? _____

4. What would you consider to be your ultimate goal in life? _____

5. What or who in your life is keeping you from reaching your goals? _____

6. Really? _____

7. Who are you? (describe yourself) _____

8. Review what you have written on this worksheet. What are the three areas you believe motivate you the most?

A.

B.

C.