



a solution-focused & faith-based practice

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## GOAL SETTING WORKSHEET

*Please provide the following information and answer the questions below.*

Please list your top three goals:

### **Goal # 1:**

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This goal is important to me because:

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Some barriers in my life that might get in my way of achieving this goal are:

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**Goal # 2:**

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This goal is important to me because:

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Some barriers in my life that might get in my way of achieving this goal are:

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**Goal # 3:**

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This goal is important to me because:

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Some barriers in my life that might get in my way of achieving this goal are:

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