

Name: _____

Date: _____

Goal Setting

R N L D G R Y Y E D R I Y L J B W A P U L U O H
W K A C P E O H W X V V M R E T T R I H S V L W
E L W Q M A T V A K G M I P T B A S Y B W Z S C
J G Q C L S I V O H H J Z O N J M R B K V D D C
P X X D E O M X R X N L Q E C A U L J Y V W P A
G G C M V N E E K C F Q H L H X K V R L Q Z F T
V B L Q R A B C T M L W X C R W V W G E L S P A
N Q D F G B A S T W A Z C N K O C X B A X I M E
G S U O J L S B R E N A T T A I N A B L E V B A
N N A K V E E X G F O U J P P D V Z B N S X B W
Y L S M Y A D F T D S P G F Y Z H Y V J R S E Q
R Z C R B V B I E S R O I E L V U K B Z Y C R E
I C F E E R B M L B E F C D H Q T J J A B K E Z
N X Z T V O I P B B P A L U D Y D R G G X I H I
E C P G E L T O A B J J M T S J W V I I X W W N
H H I N I R L R R N C T P I X L H C F U C H K A
M Y C O H O J T U E I Z C T D A A Q C C R Y Z G
N Y T L C X D A S Y F M Y T U Q T P E F W J D R
U F Z I A A F N A Y I P Y A Y Q Z E O B O L I O
P D Q H Q J H C E Q C F T X L V I N S U C E S S
G N X O D C Q E M R E A K U C Z C O N T R O L V
D K U O X O E L F K P H R I B C Z U H K W L V H
D L W Y L V B G M W S D G B Q M B T U G Y X A V
W E F S N K N P I K J O R U T N A V E L E R Z Y

reasonable
Short term
relevant
where
who

importance
Long Term
specific
goal

time based
personal
control
when

attainable
organize
achieve
what

measurable
attitude
sucess
why