

Realistic Goals



Set mood, behavior or life goals which are realistic and measurable.

Write 2 or more goals below. How will you observe or measure your progress?

Goal # 1

Goal: _____

How progress is measured/observed: _____

Goal # 2

Goal: _____

How progress is measured/observed: _____

Goal # 3

Goal: _____

How progress is measured/observed: _____

Goal # 4

Goal: _____

How progress is measured/observed: _____

Goal # 5

Goal: _____

How progress is measured/observed: _____