

Why Should you Achieve your Goals?



What are the benefits of achieving your goals? What happens if you don't achieve your goals?

For your top 2 goals identified, think about the benefits and drawbacks of achieving your goals - or of not achieving your goals.

Goal # 1

Goal: _____

	Achieving Goal	Not Achieving Goal
Benefits		
Drawbacks		

Goal # 2

Goal: _____

	Achieving Goal	Not Achieving Goal
Benefits		
Drawbacks		