

My Goals

Instructions:

1. Write down one short-term goal and one long-term goal in the chart below.
2. For each goal, determine the time, the energy or effort, and the money needed to reach that goal. Gather information from Internet sources or community members to help you assess the amounts of time, energy, and money required. Write your estimates in the appropriate places on the chart below.
3. On the back of your form, note any sources of information you consulted.

	How much time will I need to reach the goal? (time needed)	What do I have to do to achieve the goal? (energy/effort needed)	How much will it cost to reach the goal? (money needed)
Short-Term Goal (can be achieved in days or weeks)			
Long-Term Goal (can be achieved in months or years)			