

GOAL MAP!

Are you having trouble reaching your goal? Use this worksheet to help you plan out your goal and see if the benefits are worth the cost and where you might encounter obstacles along the way!
For a reusable experience, place inside a sheet protector and use dry erase markers.

WHAT

What's the GOAL?

WHY

Why that Goal?

<u>BENEFITS OF DOING</u>	<u>BENEFITS OF NOT DOING</u>
<u>COST OF DOING</u>	<u>COST OF NOT DOING</u>

OBSTACLES

(what's gonna get in my way and how do I wanna handle it?)

- IF _____ THEN _____
- IF _____ THEN _____
- IF _____ THEN _____
- IF _____ THEN _____
- IF _____ THEN _____