

ACTIVE Goals

Goal

Affirmative – Goal Must be Relevant and Specific

Clear - Identify any Possible Obstacles

Timely – Set a Deadline

Identify Supports – ALL People, Groups and/or Organizations that can Assist

Valuable - List the Benefits of Achieving Your Goal (Short and/or Long Term)

Effective - What Skills do You Need to Reach Your Goal

Efforts – Develop Your Plan

1.

2.

3.

4.

5.

How I'll know I Achieved My Goal

Date Goal Achieved: _____