



Goals: Framing your goals for success

How you approach your goals makes a difference in your actions.

Select one of your goals?

What is it you want to achieve or accomplish? Write down important aspects of your goal.

Goal enhancement?

Circle the parts of your goal that involve action. Underline parts of your goal that are things or outcomes (e.g., a house or desired items).

*For things that you underlined, write down **actions** that are will be needed to access those items.*