



## Goal Sheet

Goal: \_\_\_\_\_

Type of Goal:     Lifetime     Transitional     Foundational     Provisional

Goal Statement:

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Reason why you want to reach this goal:

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List other goals associated with this goal:

Lifetime: \_\_\_\_\_

Capstone: \_\_\_\_\_

Foundational: \_\_\_\_\_

### Needs Analysis

List skills needed to achieve this goal:

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List information and knowledge needed to achieve this goal:

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Identify who will help you reach your goal:

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List resources needed to achieve your goal:

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List the benefits of achieving your goal:

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List the obstacles to overcome in accomplishing your goal:

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## Action Plan

Objective		Start Date	Completion Date
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