Hope Rising Goal Worksheet

Goal Start Date: ___________  Goal “Target” Date for Completion: ___________

The Goal I would like to accomplish is:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

What motivates me about this goal is (why I want to achieve it):
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Potential obstacle(s) to completing my goal AND how I plan to overcome them:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

The Action Steps I need to take to complete my goal are:

☐ __________________________

☐ __________________________

☐ __________________________

☐ __________________________

☐ __________________________

People or resources I can count on to help me achieve my goal:

1. __________________________

2. __________________________

3. __________________________

Something that helps to motivate me towards achieving my goal (such as a movie, music or person):
_____________________________________________________________________________