



# Hope Rising Goal Worksheet

Goal Start Date: \_\_\_\_\_

Goal "Target" Date for Completion: \_\_\_\_\_

The Goal I would like to accomplish is:

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

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

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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):

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