

TABLE 2
My Goal-Statement Chart

My goal is to become _____

My Short-Term Goals
(From Right Now to One Year From Now)

A. _____

B. _____

How can I accomplish this?

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

g. _____

h. _____

i. _____

j. _____

k. _____

l. _____

Final Goal: _____

Medium-Term Goals
(From One Year to Five Years)

1. _____

2. _____

3. _____

4. _____

5. _____

Final Goal: _____

Long-Term Goals
(From Five Years Until the Rest of My Work Life)

1. _____

2. _____

3. _____

Final Goal: _____

Ultimate Goal: _____

Date I want to accomplish my ultimate short-term goals _____

Date I want to accomplish my ultimate medium-term goals _____

Date I want to accomplish my ultimate long-term goals _____