

GOAL LOG

The date I created this log: _____

The last time I updated it: _____

STATE THE GOAL: _____

DATE FOR COMPLETION: _____

OUTCOME: _____

What will I see when I get there?

What sounds will I hear?

What will I feel?

POSSIBLE OBSTACLES / CONTINGENCY PLANS:

SKILLS AND BEHAVIOUR REQUIRED:

PEOPLE, GROUPS OR RESOURCES REQUIRED:

ACTION PLAN/DATES:

Action # _____

Start: _____ **Finish:** _____

METHODS OF MONITORING AND MEASURING PROGRESS:

THE REWARD (What's In it for Me?)

COMMITMENT

I commit myself to accomplish this goal by the completion date on page 1 of the goal log, by implementing each action outlined within the timeframes indicated.

SIGNATURE _____ **TODAY'S DATE:** _____