



**Life-Purpose**  
*Coaching Institute*

# GOAL SETTING WORKSHEET

*Please provide the following information and answer the questions below.*

Please list your top three goals:

**Goal # 1:**

This goal is important to me because:

Some barriers in my life that might get in my way of achieving this goal are:

**Goal # 2:**

This goal is important to me because:

Some barriers in my life that might get in my way of achieving this goal are:

**Goal # 3:**

This goal is important to me because:

Some barriers in my life that might get in my way of achieving this goal are: