Section A, Part 2: Goal Setting Worksheet

Specificity What specifically do I want to know, do, or accomplish?	*I want to ...* _____ _____ _____ _____ _____
Measurability How can I know when the goal is being accomplished?	*I will know that I have accomplished my goal when...* _____ _____ _____ _____
Complete Goal Statement A goal statement that is both specific and measurable. Goals should be: Specific Attainable Measurable Moderately difficult	*I will know that I have accomplished my goal when...* _____ _____ _____ _____ _____ _____ _____ _____ _____ _____ _____