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:
________________________________________________________________________
________________________________________________________________________