

## Short-Term and Long-Term Goal-Setting Worksheet

Answer these questions to come up with some short-term and long-term goals.

1. What is something you want to accomplish today?

---

---

2. What is something you want to accomplish this week?

---

---

3. What is something you want to accomplish this month?

---

---

4. What is something you want to accomplish in the next six months?

---

---

5. What is something you want to accomplish in the next year?

---

---

6. What is something you want to accomplish in the next five years?

---

---

7. What is something you want to accomplish in the next ten years?

---

---

Your answers to questions 1-4 can become your short-term goals. Your answers to questions 5-7 can become your long-term goals.