

<h2 style="text-align: center;">LEAP</h2> <h3 style="text-align: center;">Goal Setting Worksheet</h3>		
L earn	<i>Learn what I need to focus on (the <u>what</u> and the <u>why</u>).</i>	
E xpress	<i>Express my feelings about what it will take to complete my goal.</i>	
A ccess	<i>Who can I access to help me accomplish my goal?</i>	
P lan	<i>What steps do I need to take to meet my goal?</i>	Step 1: _____ Step 2: _____ Step 3: _____ Step 4: _____

Progress Checkup:

I plan to start on this date: _____

I plan to accomplish my goal on this date: _____

I will know I have completed my goal when I... _____
