



## Hope Centered Goal Worksheet

**Below write down three goals you set for yourself personally and/or professionally.**

Goal 1: \_\_\_\_\_

Goal 2: \_\_\_\_\_

Goal 3: \_\_\_\_\_

### Adding Detail to Your Goals

Specifics:	Goal 1	Goal 2	Goal 3
Achievement vs. Avoidance:			
Degree of difficulty: Low Moderate High			
Stretch vs. Mastery:			
Time to completion:			
Degree of change involved:			
Support Networks:			
Potential Detractors			
Beneficiaries:			
Other Details:			

**Overall, how successful do you think you will be in pursuing these goals?**

1	2	3	4	5	6
Not at all successful	A little successful	Somewhat successful	Moderately successful	Mostly successful	Very successful

Goal 1: \_\_\_\_\_

Goal 2: \_\_\_\_\_

Goal 3: \_\_\_\_\_