



Conscious Delta

Goal Setting Worksheet

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: