

DAPPS Goal Worksheet #1

Today's Date: _____ Target Date: _____ Start Date: _____

Date Achieved: _____

Goal: _____

What is your Goal?

Dated: *Motivating goals have specific deadlines.*

Achievable: *Motivating goals are challenging but realistic.*

Personal: *Motivating goals are your own.*

Positive: *Motivating goals focus your energy on what you do want rather than on what you don't want.*

Specific: *When will you achieve this goal? Motivating goals state outcomes in specific, measurable terms.*

This goal is important because:

The benefits of achieving this goal will be:

Take Action!

Potential Obstacles

Potential Solutions

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Who are the people you will ask to help you?

Specific Action Steps: *What steps need to be taken to get you to your goal?*

What?

Expected Completion Date

Completed

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DAPPS Goal Worksheet #2

Today's Date: _____ Target Date: _____ Start Date: _____

Date Achieved: _____

Goal: _____

What is your Goal?

Dated: *Motivating goals have specific deadlines.*

Achievable: *Motivating goals are challenging but realistic.*

Personal: *Motivating goals are your own.*

Positive: *Motivating goals focus your energy on what you do want rather than on what you don't want.*

Specific: *When will you achieve this goal? Motivating goals state outcomes in specific, measurable terms.*

This goal is important because:

The benefits of achieving this goal will be:

Take Action!

Potential Obstacles

Potential Solutions

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Who are the people you will ask to help you?

Specific Action Steps: *What steps need to be taken to get you to your goal?*

What?

Expected Completion Date

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DAPPS Goal Worksheet #3

Today's Date: _____ Target Date: _____ Start Date: _____

Date Achieved: _____

Goal: _____

What is your Goal?

Dated: *Motivating goals have specific deadlines.*

Achievable: *Motivating goals are challenging but realistic.*

Personal: *Motivating goals are your own.*

Positive: *Motivating goals focus your energy on what you do want rather than on what you don't want.*

Specific: *When will you achieve this goal? Motivating goals state outcomes in specific, measurable terms.*

This goal is important because:

The benefits of achieving this goal will be:

Take Action!

Potential Obstacles

Potential Solutions

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Who are the people you will ask to help you?

Specific Action Steps: *What steps need to be taken to get you to your goal?*

What?

Expected Completion Date

Completed

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