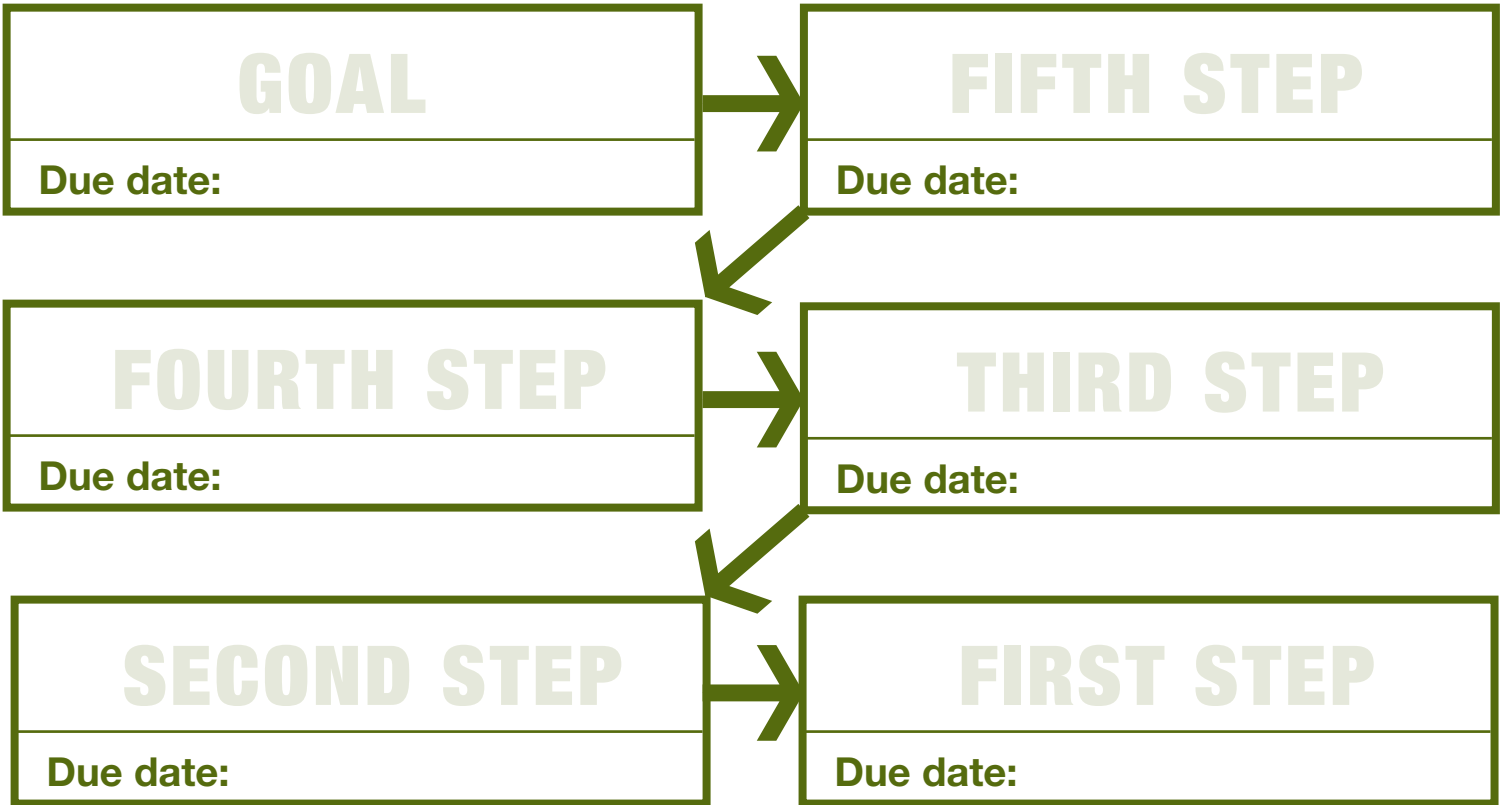


Name _____

Date _____

BACKWARD GOAL SETTING

There are different ways to set goals. This activity will cover backward planning. Fill out the flow chart and answer the questions below.



1. Write down your final goal. What exactly do you want to achieve and what date should you reach that goal?

2. What do you need to achieve right before your goal? What position do you need to be in to reach the right outcome?

3. Work backwards until you've identified the first step you need to approach your goal. What is your very first step?