

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Personal and Professional Goals Worksheet

| Questions  | Responses |
|--|-----------|
| 1. Make a list of your dreams and aspirations. What do you want to do, have, and be?   |           |
| 2. What do you most want to commit to? What are you excited about? What will give you the most satisfaction? Select your three most important goals. |           |
| 3. What short-term objectives do you need to reach your long-term goals?   |           |
| 4. What resources (friends, colleagues, training opportunities, materials) can you use to help reach those goals?                                    |           |
| 5. When do you expect to achieve your goals?   |           |
| 6. What changes will you have to make to achieve your goals?   |           |
| 7. What are the potential barriers that will prevent you from reaching your goals?   |           |
| 8. Where can you place your goals calendar so that it is a visible reminder?   |           |

Source: "Juggling Roles and Making Changes," by J. L. Luckner, Winter 1996, *Teaching Exceptional Children*, p. 27. Copyright 1996 by the Council For Exceptional Children. Reprinted with permission.