

Personal Goal Setting Sheet

Short Term Goals (1 to 90 Days)	Medium Term Goals (3 months to 1 year)	Long Term Goals (1 to 5 years)

Implementation Chart

What am I going to start	How am I going to do this	Timelines(Beginning to End)	Whose support is required
What am I going to continue	How am I going to do this	Timelines	Whose support is required
What am I going to stop	How am I going to do this	Timelines	Whose support is required

“The price tag you put on yourself decides your worth. Underestimating yourself will cost you dearly.”

Apoorve Dubey