

# The Goal Staircase

## Plan for the future

Notes:

1. Write a long-term goal under the last step
2. State your current ability as it relates to your long-term goal under the first step
3. Develop a series of 3 or more short-term goals that will help you achieve your long-term goal and write them in the middle three steps
4. On top of each step write down some thoughts/feelings about this goal as you accomplish them.

Notes:

Long-Term Goal:

Short-Term Goal 3:

Notes:

Short-Term Goal 2:

Notes:

Short-Term Goal 1:

Notes:

Present Ability:

