Goal Setting Exercise

Name: _____ **Role:** _____ **Date:**_____

Personal Mission Statement:

_____
_____
_____

- **Long term goals (in line with mission statement and result focused)**
  - ❑ _____
  - ❑ _____
  - ❑ _____
  - ❑ _____
  - ❑ _____
  - ❑ _____

- **Short term goals (1 to 3 months, re-evaluate every month)**
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  - ❑ _____
  - ❑ _____

- **Daily and Weekly Tasks (should help you to accomplish your short term goals)**
  - ❑ _____
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