

# PASS COURT

## GOAL SETTING WORKSHEET

Name (First & Last) \_\_\_\_\_ Date: \_\_\_\_\_

**Because goal setting is an important part of a success, you will be required to set short and long-term goals while in PASS Court. Be SMART in setting your goals.**

**S**pecific – Your goal should be specific, clear and improve your life.

**M**easurable – Set action steps to reach your goal so that you can track your progress and stay motivated.

**A**chievable – Can you meet the goal to be successful? Can you get the support and resources needed to achieve the goal?

**R**ealistic – It is important that your goal be practical and in line with what is important to you.

**T**ime-bound – Set a deadline for reaching your goals.

### SAMPLE GOAL SETTING

<b>GOAL: Obtain a job that will support me and my family</b>			
<b>Timeline</b>	<b>Action Steps to Complete My Goal</b>	<b>Obstacles/Challenges</b>	<b>Plan to Overcome Obstacles/Challenges</b>
6 Months	1. Identify my skills 2. Prepare resume 3. Attend job fairs	Transportation	Contact USPO for help with bus vouchers
1 Year	Seek opportunities to increase my skills	Financial	Work with USPO to find financial assistance opportunities
2 Year	Complete advanced training	Time management	Talk to employer about ways they can support me
5 Year	Look for job opportunities to advance in current job	Limited opportunities to advance in current job	Look for employers that match my skills

# RELATIONSHIPS / SUPPORT SYSTEM

(Spouse, Family, Friends, Support Groups, Faith-based Organizations, Team Sports)

## GOAL:

Timeline	Action Steps to Complete My Goal	Obstacles/Challenges	Plan to Overcome Obstacles/Challenges
6 Months	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>		
1 Year	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>		
2 Year	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>		
5 Year	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>		

# FINANCIAL

(Vehicle Purchase, Savings/Emergency Fund, Home Ownership, Child Support, Back Taxes,  
Work Related Expenses, Improve Credit)

## GOAL:

Timeline	Action Steps to Complete My Goal	Obstacles/Challenges	Plan to Overcome Obstacles/Challenges
6 Months	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>		
1 Year	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>		
2 Year	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>		
5 Year	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>		

# CAREER

(Job, Licenses, Training, Education, Career Counseling)

## GOAL:

Timeline	Action Steps to Complete My Goal	Obstacles/Challenges	Plan to Overcome Obstacles/Challenges
6 Months	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>		
1 Year	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>		
2 Year	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>		
5 Year	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>		

# SELF-CARE/SPIRITUALITY

(Health, Hobbies, Faith Activities, Mental Health, Therapy, Sports, Exercise, Recreation)

## GOAL:

Timeline	Action Steps to Complete My Goal	Obstacles/Challenges	Plan to Overcome Obstacles/Challenges
6 Months	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>		
1 Year	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>		
2 Year	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>		
5 Year	<ol style="list-style-type: none"><li>1.</li><li>2.</li><li>3.</li></ol>		