

# Goal Setting



**KANIKSU**  
COMMUNITY HEALTH

**THE CHANGE I WANT TO MAKE**

**THE STEPS I'LL TAKE**

**THIS CHANGE IS IMPORTANT TO ME BECAUSE**

**IF APPLICABLE:**

**HOW MUCH:**

**WHEN:**

**HOW OFTEN:**

**POTENTIAL BARRIERS**

**SUPPORT/RESOURCES**

**MY PLAN TO OVERCOME BARRIERS**

**IS THIS A SHORT OR LONG TERM GOAL? TIMEFRAME**

**HOW CONFIDENT I AM IN REACHING THIS GOAL**

1 2 3 4 5 6 7 8 9 10

*1 being not so confident 10 being super confident*