

GOAL SETTING:

OUTCOME GOALS:

The big goal you want to achieve.

1. _____
2. _____
3. _____

PERFORMANCE GOALS:

What you need to achieve to accomplish your outcome goal.

1. _____
2. _____
3. _____

PROCESS GOALS:

What you need to do to achieve these goals at both stages.

1. _____
2. _____
3. _____