Goal Mapping

Process Goal: sub-goal that will help me achieve the outcome goal
Actions & Tasks: actions to take to achieve the process goal

Outcome Goal (Long-Range)

Importance of Achieving This Goal

Process Goal #1

Actions & Tasks
1. ______________________
   ______________________
   ______________________

2. ______________________
   ______________________
   ______________________

3. ______________________
   ______________________
   ______________________

Process Goal #2

Actions & Tasks
1. ______________________
   ______________________
   ______________________

2. ______________________
   ______________________
   ______________________

3. ______________________
   ______________________
   ______________________

Process Goal #3

Actions & Tasks
1. ______________________
   ______________________
   ______________________

2. ______________________
   ______________________
   ______________________

3. ______________________
   ______________________
   ______________________