THREE LONG TERM GOALS

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| 1. CLINCIAL GOAL |
| 2. OTHER PROFESSSIONAL GOAL |
| 3. PERSONAL GOAL |

DEVELOPING YOUR WEEKLY/DAILY GOALS

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| Long-range goal: |
| Medium range goals: 4 steps in reaching this are:  1.  2.  3.  4. |
| Weekly goals: Pick one medium range and think of three things you could achieve in a week each  1.  2.  3. |
| Daily goals: Pick one weekly goal and split it up over 4 days:  1.  2.  3.  4. |