

# I CAN Goal-Setting Template

Goal Statement: \_\_\_\_\_

Why This Goal Matters: \_\_\_\_\_

Deadline: \_\_\_\_\_

Steps to Complete:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Potential Obstacles: \_\_\_\_\_

I CAN Action Plan: \_\_\_\_\_