

## Personal Insights about Planning & Goal Setting

Client Name \_\_\_\_\_

Date \_\_\_\_\_

**Directions:** To gain insight into your attitudes and beliefs about setting goals and making plans, complete the sentences quickly, filling in the blanks with the first word or words that come to mind.

**1. I think goal setting is...**

**2. In the past, my experience with goal setting has been...**

**3. I think the greatest value of planning is...**

**4. The most success I have experienced in setting and achieving a goal was when...**

**5. I find it difficult to set goals when...**

**6. What I want to avoid in the future is...**

**7. The person who has been the best role model for me in defining and pursuing a meaningful life is...**