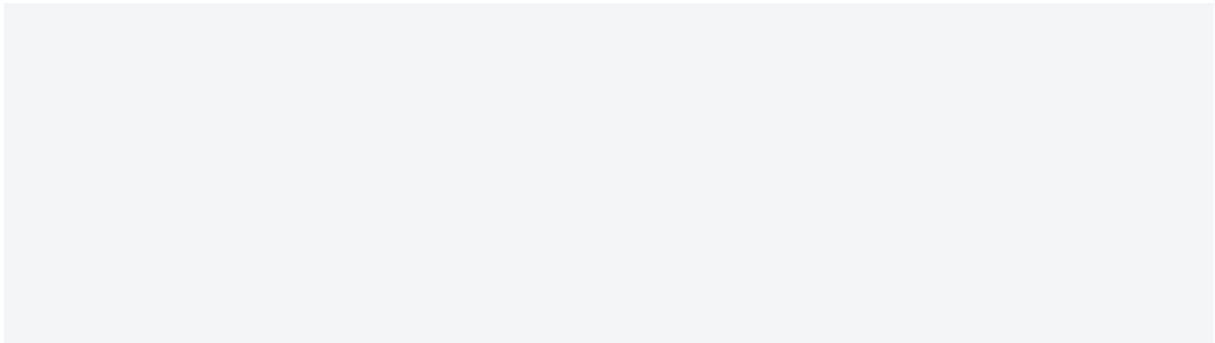


Goals & Strengths Worksheet

When an individual's goals align with their strengths, they tend to commit more effort and, in turn, experience more success in goal attainment.

- What goals do you have for the future?



- In what ways can you use your strengths to achieve each of these goals?

