

Brainstorming Worksheet

Goal

Brainstorm a list of action steps that you would need to take to achieve your goal.

To start, do not worry about the order you write them in. Once you finish, you can go back and number them in order.

What challenges could keep you from achieving your goal?

What strategies could you use to overcome them, and what resources could help you? What has helped you in the past?

Challenges

Strategies/Resources/Strengths

On a scale of 1–5, how confident are you in being able to achieve this goal?

