



Goal Setting Worksheet

Use this goal setting worksheet to consider some of your big picture goals. Before you begin to work things out, you may want to suggest that your former spouse also take some time to set some big picture goals.

Part 1

To start, consider your approach to working out an agreement. What are your priorities? Select how much you agree with each of the statements below.

Statement	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I want an agreement that is best for our children	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I want to keep my stress levels low	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I want to work things out, without spending a lot of money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I want to settle quickly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I want to settle without going to court	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I want our agreement to be fair to both of us	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Part 2

Consider what is most important to you as you move forward. Try to be realistic and specific. List two goals to achieve in a positive separation agreement.

1. _
2. _