

In-Session 4 Worksheet Example—Goal Ladder



What steps can you take to reach your 3-month goal this year?

3-MONTH GOAL

Play basketball at the YMCA

Step 8:

Step 7:

Step 6:

Step 5: Start practicing at the YMCA

Step 4: Officially join the YMCA - pay dues and complete paperwork

Step 3: Get basketball shoes and shorts (might require sub-steps related to saving money or shopping around)

Step 2: Call YMCA and ask about discounts

Step 1: Research local YMCA hours and prices



START HERE