



Personal Goal Setting Worksheet

Name:	Phone Number:
City:	State:
Email:	

Skills Self-assessment

1. What skills do you have that would be useful in helping grow your state Alliance?
2. What skills would you like to develop?
3. What are the obstacles to achieving your goals?

In 2019 I commit to:

- Join/Start** membership meetings in my town or city (circle all that apply).
 - Use the Alliance for Retired Americans **Action Hotline** to call my Representative.
 - Attend ___ lobby days** at my state capitol.
 - Participate in ___ lobby visits** of my state's federal representatives.
 - Plan/participate** in a **Medicare/Social Security** anniversary event (circle all that apply).
 - Bring in _____ new members** to the Alliance.
 - Tell my story** as an organizing tool.
 - Write ___ **letters to my editor or editorials.**
 - Other: _____
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