

Goal Setting Worksheet

Turn your dreams into actionable plans

MY GOAL:

Why is this goal important to me?

MAKE IT SMART

SPECIFIC: What exactly do I want to accomplish?

MEASURABLE: How will I know when I've achieved it?

ACHIEVABLE: Is this goal realistic with my current resources?

RELEVANT: Does this align with my long-term objectives?

TIME-BOUND: When will I achieve this goal?

ACTION STEPS

1. _____
2. _____
3. _____
4. _____
5. _____

Potential Obstacles & Solutions: