

# GOAL SETTING

## WORKSHEET

GOAL: \_\_\_\_\_ DEADLINE: \_\_\_\_\_

90 Day Mini Goal: \_\_\_\_\_ Deadline: \_\_\_\_\_

30 Day Mini Goal: \_\_\_\_\_ Deadline: \_\_\_\_\_

WHAT IS THE PURPOSE OF THIS GOAL?

THIS IS A SMART GOAL BECAUSE...

SPECIFIC: \_\_\_\_\_

MEASURABLE: \_\_\_\_\_

ATTAINABLE: \_\_\_\_\_

RELEVANT: \_\_\_\_\_

TIMELY: \_\_\_\_\_

TOP 3 ACTIONS I WILL TAKE TO ACHIEVE THIS GOAL:

1 \_\_\_\_\_

How Often Will I Do This? \_\_\_\_\_

2 \_\_\_\_\_

How Often Will I Do This? \_\_\_\_\_

3 \_\_\_\_\_

How Often Will I Do This? \_\_\_\_\_

HOW WILL I TRACK THIS GOAL?

What tools will I use to track this goal? \_\_\_\_\_

How often will I track this goal? \_\_\_\_\_

Notes: