

# Goal Worksheet

Pick 3 goals you would like to achieve.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Now turn them into SMART goals.

S pecific	-	As detailed as possible
M easureable	-	How will you know you've reached it?
A chieveable	-	Is it possible?
R elevant	-	Will it move your forward in the right direction?
T ime-bound	-	Give it a deadline

Goal #1: \_\_\_\_\_

Specific - in as much detail as possible:

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Measureable – milestone, how would you know you achieved it:

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Achievable – what makes you know you can do this and what can you learn or do to make it possible:

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Reward – how will you reward yourself for achieving your goal:

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Goal #2: \_\_\_\_\_

Specific - in as much detail as possible:

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Measureable – milestone, how would you know you achieved it:

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Achievable – what makes you know you can do this and what can you learn or do to make it possible:

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Reward – how will you reward yourself for achieving your goal:

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Goal #3: \_\_\_\_\_

Specific - in as much detail as possible:

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Measureable – milestone, how would you know you achieved it:

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Achievable – what makes you know you can do this and what can you learn or do to make it possible:

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Relevant – is this real for you and where you want to be; is it not just what other people want for you:

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Time-bound – deadline:

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Steps – what steps do you need to take to get there:

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Reward – how will you reward yourself for achieving your goal:

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