Goal Setting Worksheet

One goal, made specific, with the first steps written down.

My goal

Make it SMART	My answer
Specific — what exactly will I do?	
Measurable — how will I know it is done?	
Achievable — what makes it realistic?	
Relevant — why does it matter to me?	
Time-bound — by when?	

Action steps

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
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- [ ]

What could get in the way — and my plan

How I will celebrate

Deadline _____ **Weekly check-in day** _____ **Who I will tell** _____