

Goal Setting Worksheet

A SMART approach to making goals stick

My Goal:

WHY THIS MATTERS TO ME

S

SPECIFIC

What exactly am I going to do? (Be precise.)

M

MEASURABLE

How will I measure progress and know I succeeded?

A

ACHIEVABLE

Is this realistic given my time, resources, and life?

R

RELEVANT

Does this align with my values and bigger life goals?

T

TIME-BOUND

When will I complete this? Set a deadline.

MY FIRST STEP (do this within 24 hours)
