



GOALS SETTING WORKSHEET

WHAT IS THE GOAL?

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WHY IS IT IMPORTANT?

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.....
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IS IT?



Specific

Measurable

Achievable

Relevant

Timebound

LIST POTENTIAL PROBLEMS THAT MIGHT KEEP YOU FROM ACHIEVING YOUR GOAL

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.....
.....

ACTION ITEM _____ WHEN _____

ACTION ITEM _____ WHEN _____

ACTION ITEM _____ WHEN _____

ACTION ITEM _____ WHEN _____

GOAL COMPLETION DATE _____