

Goal Setting Worksheet

Read: [The S.M.A.R.T. Approach To Goal Setting](#)

Name:

Date:

Top 3 S.M.A.R.T. Goals: (Specific, Measureable, Accountable, Realistic, Timely)

- 1.
- 2.
- 3.

Goal #1:

Deadline to Achieve: _____

1. Why is this so important to me?
2. Is this something I'm willing to give up what I want NOW for what I want MOST? Y / N
3. Action steps I'm going to take to achieve this goal:

Goal #2:

Deadline to Achieve: _____

1. Why is this so important to me?
2. Is this something I'm willing to give up what I want NOW for what I want MOST? Y / N
3. Action steps I'm going to take to achieve this goal:

Goal #3:

Deadline to Achieve: _____

1. Why is this so important to me?
2. Is this something I'm willing to give up what I want NOW for what I want MOST? Y / N
3. Action steps I'm going to take to achieve this goal: