

Tips for Goal-Setting Worksheet

Goal setting is essential to deciding what you want to achieve in your life. It separates what's important from what's irrelevant, motivating yourself and building self-confidence. The S.M.A.R.T. method for goal setting is a great place to start!

Goal-Setting Setbacks

What **challenges** do you face **in setting goals**?

Meaningful Motivation

Why is **goal-setting** important to you?

My S.M.A.R.T. Goal

My **long-term goal**:

S.M.A.R.T. Outline

Strategic and Specific: How will you reach this goal? List action steps.

Measurable: I will measure/track my goal by:

Attainable: Resources (physical, social, time, etc.) to help achieve my goal.

Relevant/Rigorous: My goal is important to me because:

Time-Bound: Identify dates when the goal will be achieved and check-in date.

Additional Resources

- [More information on S.M.A.R.T. Goals](#)
- [S.M.A.R.T. Goal-Setting Worksheet](#)