

Goal Setting Worksheet

DREAM IT. PLAN IT. ACHIEVE IT.



Goals give us direction and motivation.
Break your big dreams into small steps
and take consistent action.

*A goal without a plan
is just a wish.*



MY GOALS

Write down your goals in each area of your life.



PERSONAL

Growth &
Self-Development

1. _____
2. _____
3. _____



CAREER

Work &
Professional Life

1. _____
2. _____
3. _____



HEALTH

Physical &
Mental Well-being

1. _____
2. _____
3. _____



RELATIONSHIPS

Family, Friends &
Connections

1. _____
2. _____
3. _____



FINANCIAL

Money &
Financial Freedom

1. _____
2. _____
3. _____



SMART ACTION PLAN

Choose one goal from above and break it down
using the SMART method.

S Specific **M** Measurable **A** Achievable **R** Relevant **T** Time-bound

S SPECIFIC	What is my goal? _____
M MEASURABLE	How will I measure my progress? _____
A ACHIEVABLE	What steps will I take to achieve this goal? _____
R RELEVANT	Why is this goal important to me? _____
T TIME-BOUND	What is my deadline? _____ Target Date: _____



ACTION STEPS

List 3–5 action steps you will take.

1. _____
2. _____
3. _____
4. _____
5. _____



POTENTIAL CHALLENGES & SOLUTIONS

What challenges might come up?

How will I overcome them?

- | | |
|----------|---------|
| 1. _____ | → _____ |
| 2. _____ | → _____ |
| 3. _____ | → _____ |