

Reach for the Stars

...a goal setting worksheet...



Start Here

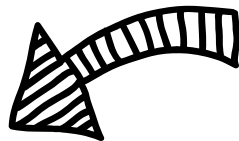
Goal Statement:

CHECK: Is the goal SMART?

- ☆ **Specific** *answers what? why? who? where?*
- ☆ **Measurable** *how will you know you achieved it?*
- ☆ **Achievable** *is it realistic to achieve?*
- ☆ **Relevant** *does it help me improve my life?*
- ☆ **Time-Bound** *does it have a deadline?*

Action Items

break your goal down into smaller steps



Deadline Done?

1





2





3





4





Goal Completed On: _____

Celebrate Your Success!

My Reward: _____