

Goal Setting Worksheet

Sample 1

Name: _____

Date: _____

1. My goal (**S**PECIFIC goal you have the **A**BILITY to do and is **R**ELATED to something about you)

My goal is a: ____ Long-Term Goal ____ Short-Term Goal (you may need to break Long-Term Goals into Short-Term goals)

My goal is to:

2. (**T**IMED) My goal will be completed by:

Date:

3. (**M**EASURED) To reach my goal, I will do these 3 things:

1.

2.

3.

4. I will know when I reached my goal because (or how will you know you reached your goal):

2 things that will help me stick to my goal are:

1.

2.

Things that might give me problems meeting my goal (think about this before you start working on your goal):

All Goals should be **SMART**

- **Specific:** exactly what you plan to do
- **Measured:** you know when you met the goal
- **Ability:** I know I can meet this goal
- **Related:** it is about me and what I want and need
- **Timed:** there is a beginning and ending time for the goal

Types of Goals:

- Short-term goals take a few days to 1-2 months to complete
- Long-term goals take over 2 months