

Goal Setting

Part 1. Write Down 4 Goals:

- 1.
- 2.
- 3.
- 4.

SMART Goals
Specific
Measurable
Action-Oriented
Relevant
Time-Oriented

4 Stepped Approach
Set Specific Goal
Set Date and Time
Identify Steps
Plan a reward

Pick one goal from above:

Part 2. Break it into smaller steps – remember these are measurable and attainable.

Step	Time Needed	Deadline

Part 3. What are your resources in achieving this goal?

What obstacles might get in the way?

What will you do to overcome these obstacles?

Part 4. How will you know you have achieved this goal? What will it look like and what will it feel like?
