

# Goal Setting

My goal: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Goal Deadline: \_\_\_\_\_

Steps to Achieve my Goal:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Is my goal:

**Specific**= What is the exact goal I want to achieve?

**Measurable**= How will I know I met my goal?

**Attainable**= Is this a goal I think I can reach?

**Relevant**= Is this goal important to me now?

**Time- Bound**= When can I meet my goal?