

Setting Goals & Achieving Them - Worksheet

Name:

Goal:

—

Due Date:

To Reach Goal I Need to Do: (list in order)

I Will Reach My Goal Because (your why)

What Does the Goal Achieved Look Like?

What Methods Will I Use to Stick to My Goal?

What Calendar System Will I Use to Stick to My Goals?

Define Distractions You'll Avoid

Make Your Goals SMART.

Specific

Measurable

Achievable

Realistic

Timely

WRITE SPECIFIC GOALS

I will _____ by/in

using/with _____ to reach my goal.

Ex: I will lose 40 lbs., in 50 weeks using a diet consisting of 1800 calories per day of whole foods and exercising by walking 10K steps 5 days per week to reach my goal.

ADDITIONAL THOUGHTS

