

Goal Setting Sheet:

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Goals are **SMART** if they are:

**S** – Specific

**M** – Measurable

**A** – Achievable

**R** – Reasonable

**T** – Timely

Begin each Goal with “I will...”

<b>Goal #1:</b>	<b>Action Steps:</b>
<b>Goal #2:</b>	<b>Action Steps:</b>
<b>Goal #3:</b>	<b>Action Steps:</b>