

## Goal Setting Worksheet

Think about what you would like to do, be or have in the future. Include both short term and long term goals. Write them here using the following steps.

**Make it:** *Specific:* Define what will be different when your work is completed  
*Measurable:* You will see a difference when you have reached your goal  
*Attainable:* Focus on an action or behavior that will help you accomplish your goal  
*Relevant:* Reasonable, obtainable, and achievable  
*Timely:* Set a deadline or timeframe (number of days, weeks or months to reach each goal)



### My Personal Goals

Goal 1:

Ways to meet this goal:

This goal will be met by (date/time):

Goal Met?  Yes  No

Goal 2:

Ways to meet this goal:

This goal will be met by (date/time):

Goal Met?  Yes  No

### My Vocational Goals

Goal 1:

Ways to meet this goal:

This goal will be met by (date/time):

Goal Met?  Yes  No

Goal 2:

Ways to meet this goal:

This goal will be met by (date/time):

Goal Met?  Yes  No

### My Family Goals

Goal 1:

Ways to meet this goal:

This goal will be met by (date/time):

Goal Met?  Yes  No

Goal 2:

Ways to meet this goal:

This goal will be met by (date/time):

Goal Met?  Yes  No

### My Financial Goals

Goal 1:

Ways to meet this goal:

This goal will be met by (date/time):

Goal Met?  Yes  No

Goal 2:

Ways to meet this goal:

This goal will be met by (date/time):

Goal Met?  Yes  No

### Other Goals

Goal 1:

Ways to meet this goal:

This goal will be met by (date/time):

Goal Met?  Yes  No

Goal 2:

Ways to meet this goal:

This goal will be met by (date/time):

Goal Met?  Yes  No