

## Goal Setting Sheet

Why is _____ (insert change) important to me:
<ul style="list-style-type: none"><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li><li>• _____</li></ul>

Which three changes are the most important to me:	Why are these important to me:
1.	
2.	
3.	

What one change will I focus on first: _____
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Specific (i.e. what, why, and how)	
Measurable (i.e. specify amounts, something you can track)	
Attainable (i.e. realistic and achievable)	
Rewarding (i.e. stated positively)	
Time-bound (i.e. choose a time-frame or end-point)	

What will I need to plan/prepare for to help me reach my goal:	
•	_____
•	_____
•	_____
•	_____
•	_____
•	_____
•	_____
•	_____

**Progress Chart:**

	M	T	W	T	F	S	S	Total:
SMART Goal 1:								
SMART Goal 2:								
SMART Goal 3:								

What might get in the way of my SMART goals:	Possible solutions:
	<ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>
	<ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>
	<ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul>