

Goal Setting Worksheet

MAKE YOUR VISION A REALITY

DRAFT GOAL: _____ focused on the next _____ months

Examples: *Job/Career: Secure a position that matches my qualifications and accomplishments and brings me more purpose and balance*
Personal Health/Wellness: Lose all the baby weight I've packed on [and then some] over the years through becoming stronger
Education/Learning: Build on a side hustle that brings my joy and passion in life

S.M.A.R.T.	Steps I will Take to Accomplish This	1 month	3 months	6 months	Notes/Progress
<p>SPECIFIC What is the desired result? (who, what, when, why, how)</p>					
<p>MEASURABLE How can you quantify (numerically or descriptively) completion? How can you measure progress?</p>					
<p>ACHIEVABLE What skills are needed? What resources are necessary? How does the environment impact goal achievement? Does the goal require the right amount of effort</p>					
<p>RELEVANT Is the goal in alignment with your overall vision or strategy?</p>					
<p>TIMELINE What is the deadline? Is the deadline realistic?</p>					

Source: Susan Hodgkinson, *The Leader's Edge*