

Goal Setting Worksheet

List ten goals SMART goals (specific, measurable, attainable, realistic) you'd like to accomplish in the next 90 days.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What's the Why behind the goals. Will these goals advance your Why?

Identify resources you'll need to attain your goals. Write down how you'll access these resources.

What obstacles do you anticipate? How will you address these?

How will you hold yourself accountable to accomplish your goals?

How will you celebrate when you accomplish your goals?