

Goal Setting Worksheet

INFORMATION

Name: _____

Phone: _____

Date: _____ **Review Period:** _____ **to** _____

INSTRUCTIONS

Goals should always be: **S** – Specific **M** – Measurable **A** – Achievable **R** – Relevant **I** – Timebound

1ST GOAL/OBJECTIVE

BENEFITS of Achieving this Goal

ACTION STEPS for Achieving This Goal

- 1.
- 2.
- 3.
- 4.
- 5.

<i>Possible OBSTACLES</i>	<i>Possible SOLUTIONS</i>
1.	1.
2.	2.
3.	3.