

# Goal Setting Worksheet

## S.M.A.R.T. GOALS

List 3 to 5 goals using the S.M.A.R.T. Goal methodology.

1.

2.

3.

4.

5.

*Note: The worksheet will only illustrate the selection of one (1) goal for processing.*

## BENEFITS ...

Goal: \_\_\_\_\_

What are the specific benefits of reaching this goal? List them below.

1.

2.

3.

4.

5.

## CONSEQUENCES

Goal: \_\_\_\_\_

...

What are the specific consequences to *NOT* reaching this goal? List them below.

1.

2.

3.

4.

5.

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## OBSTACLES

Goal: \_\_\_\_\_

...

What are the specific obstacles to reaching this goal? List them below.

1.

2.

3.

4.

5.

## SOLUTIONS ...

List below 1 to 3 solutions for each obstacle identified.

**Obstacle #1:**

1.

2.

3.

**Obstacle #2:**

1.

2.

3.

**Obstacle #3:**

1.

2.

3.

**Obstacle #4:**

1.

2.

3.

**Obstacle #5:**

1.

2.

3.

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## IMPLEMENTATION ...

Goal: \_\_\_\_\_

- 🔍 What specific action steps must you take to make this goal a reality or to address the obstacles/solutions?
- 🔍 Who will be responsible for implementing the action steps?
- 🔍 When will the actions steps be implemented? Be specific.

*Action Steps:*

**Who?**

**When?**

1.

2.

3.

4.

5.