

Goal Setting Worksheet

Specific and measurable PHYSICAL goal(s)

1. _____

2. _____

How to accomplish it and time frame:

Specific and measurable INTELLECTUAL goal(s)

1. _____

2. _____

How to accomplish it and time frame:

Specific and measurable CAREER goal(s)

1. _____

2. _____

How to accomplish it and time frame:

Specific and measurable SOCIAL goal(s)

1. _____

2. _____

How to accomplish it and time frame:

Specific and measurable FINANCIAL goal(s)

1. _____

2. _____

How to accomplish it and time frame:

Specific and measurable FAMILY goal(s)

1. _____

2. _____

How to accomplish it and time frame:

Specific and measurable SPIRITUAL goal(s)

1. _____

2. _____

How to accomplish it and time frame:

Put this somewhere where
you will have to look at it
daily to remind you and keep
you on track!