



**Goal setting worksheet**

Set SMART goals: Specific, Measurable, Active, Realistic, Time limited

Goal	Steps to achieve it	Timeline	What happened?
1. <div style="border: 1px solid black; height: 60px; width: 100%;"></div>	1. <div style="border: 1px solid black; height: 20px; width: 100%;"></div> 2. <div style="border: 1px solid black; height: 20px; width: 100%;"></div> 3. <div style="border: 1px solid black; height: 20px; width: 100%;"></div> 4. <div style="border: 1px solid black; height: 20px; width: 100%;"></div>	<div style="border: 1px solid black; height: 60px; width: 100%;"></div>	<div style="border: 1px solid black; height: 60px; width: 100%;"></div>
2. <div style="border: 1px solid black; height: 60px; width: 100%;"></div>	1. <div style="border: 1px solid black; height: 20px; width: 100%;"></div> 2. <div style="border: 1px solid black; height: 20px; width: 100%;"></div> 3. <div style="border: 1px solid black; height: 20px; width: 100%;"></div> 4. <div style="border: 1px solid black; height: 20px; width: 100%;"></div>	<div style="border: 1px solid black; height: 60px; width: 100%;"></div>	<div style="border: 1px solid black; height: 60px; width: 100%;"></div>
3. <div style="border: 1px solid black; height: 60px; width: 100%;"></div>	1. <div style="border: 1px solid black; height: 20px; width: 100%;"></div> 2. <div style="border: 1px solid black; height: 20px; width: 100%;"></div> 3. <div style="border: 1px solid black; height: 20px; width: 100%;"></div> 4. <div style="border: 1px solid black; height: 20px; width: 100%;"></div>	<div style="border: 1px solid black; height: 60px; width: 100%;"></div>	<div style="border: 1px solid black; height: 60px; width: 100%;"></div>