



**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. <input type="text"/> 2. <input type="text"/> 3. <input type="text"/> 4. <input type="text"/>	<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. <input type="text"/> 2. <input type="text"/> 3. <input type="text"/> 4. <input type="text"/>	<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. <input type="text"/> 2. <input type="text"/> 3. <input type="text"/> 4. <input type="text"/>	<div style="border: 1px solid black; height: 60px; width: 100%;"></div>	<div style="border: 1px solid black; height: 60px; width: 100%;"></div>