

Goal Setting Worksheet

Name:

Date:

Step 1: Reflect

What is one thing you accomplished last year that you're proud of?

What was your biggest challenge?

Step 2: Set Your Goal

My goal for 2026:

Make it Smart: Specific

What exactly do you want to achieve?

Make it sMART: Measureable

How will you know you've succeeded?

Make it smARt: Achievable

Is this realistic for you?

Make it smaRt: Relevant

Why does this matter to you?

Make it smarT: Time-bound

When will you complete it?

MAKE IT A SMART GOAL!

