## **GOAL SETTING WORKSHEET**

Effective goal setting is a critical and necessary tool to enable you to give your life and your everyday actions PURPOSE

Make your goals SMART: S-specific, M-measurable, A-attainable, R-realistic, T-timebound

What do you want?	Why do you want it?	Make it SMART!
		S:
		M:
		A:
		R:
		T:
		S:
		M:
		A:
		R:
		T:
		S:
		M:
		A:
		R:
		T:
		S:
		M:
		A:
		R:
		T:
		S:
		M:
		<b>A</b> :
		R:
		T:

