

Goal Setting Worksheet

Part 1: Turn your New Years Resolutions into Goals

	Your New Years Resolution	Why did you choose this resolution?	What's the goal of this resolution?
Financial			
Career			
Family			
Health			
Eduaction			
Community			
Personal			

Keep in mind that goals should be SMART: Specific, Measurable, Attainable, Realistic and Timely.

Part 2: Turn Goals into Actions

(print as many copies of this page as you need for multiple goals)

What is the Goal?	
Why do I want to achieve this goal?	
What are the risks of achieving this goal?	
What could get in the way?	
What resources do I need? (People, money, skills, tools, information)	
How will I get the resources?	
When will I reach this goal?	
How long will it take me?	
How will I know when I've got there?	
Who am I accountable to?	
Exactly what will I need to do? (List actions)	
What are the milestones along the way, and when will I reach them?	