

Goal Setting Worksheet

Convert your resolution into a S.M.A.R.T. Goal

Resolutions are fine, but they may not get you to where you want to be.

Use this complimentary worksheet, related to the post "Resolutions VS. Goals - Which is better?", to convert your resolution into a S.M.A.R.T. goal and increase your chances for success in achieving your desired results for this year.



S.M.A.R.T Goals

Most people don't know this, but effectively setting a goal requires many steps. To set a goal and see it through, it must have the following attributes:

1. **S - Specific** – What exactly are you trying to do? How are you going to do it? When will you do it? Where will it happen? Why do you want to do it? The more specific the better.
2. **M - Measurable** – Make sure your goal states exactly what will be happening. For example, if your goal is to lose 15 pounds, you're measuring in pounds. Doing this makes the goal easier to reach.
3. **A - Attainable** – Is your goal reasonable?
4. **R - Relevant** – Does your goal make sense to you?
5. **T - Time Bound** – Create a deadline! Most people work better under pressure.

Following these steps will make sure you easily and effectively achieve your goals.

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My Resolution

My S.M.A.R.T. Goal

S - Specific

M - Measurable

A - Attainable?

YES

NO

R - Relevant?

YES

NO

T - Time Bound