

Setting Your Goal

Use this worksheet to set your goal.

SMART FRAMEWORK Markers

- Specific
- Measureable
- Achievable
- Relevant
- Time-bound
- How does the goal make you feel?

Version 1 - Write whatever comes to mind

Version 2 - How will you measure your goal?

Version 3 - Is it achievable?

- Make a list of all of your circumstances that you need to consider.

- Make a list of all the steps you need to take to get to your Version 2 Goal.

- Update your goal here

Version 4 - Is it relevant to your work and life?

Version 5 - Make it time bound.

Version 6 - Does your goal motivate you and excite you? How do you feel about it? What else do you want to change?

That's it! Done is better than perfect. Come to the coaching call to discuss your goal.