

A SIMPLE TO USE GOAL SETTING TEMPLATE

| <p>S</p> | <p>Specifically state what you want to achieve in one sentence. (Ex. I want to pay off \$5000 in credit card debt.)</p> | <p>Comments</p> | | | | | | | | | | | | | | | |
|-----------------|---|------------------------|-----------------|------------------------|--|-----------|--|--|-----------|--|--|-----------|--|--|-----------|--|--|
| <p>M</p> | <p>How will you measure your progress? (Ex. I will use the debt snowball method and use a spreadsheet to track.)</p> | | | | | | | | | | | | | | | | |
| <p>A</p> | <p>What resources do you need to attain your goal?</p> <table border="1" data-bbox="431 1293 1114 1503"> <thead> <tr> <th>Resource</th> <th>Do you have it?</th> <th>How will you get them?</th> </tr> </thead> <tbody> <tr> <td></td> <td>Yes no</td> <td></td> </tr> <tr> <td></td> <td>Yes no</td> <td></td> </tr> <tr> <td></td> <td>Yes no</td> <td></td> </tr> <tr> <td></td> <td>Yes no</td> <td></td> </tr> </tbody> </table> | Resource | Do you have it? | How will you get them? | | Yes no | | | Yes no | | | Yes no | | | Yes no | | |
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| <p>R</p> | <p>Is this a realistic goal for you to achieve? (Evaluate your resources, internal and external)</p> | | | | | | | | | | | | | | | | |
| <p>T</p> | <p>What is your time-frame for completing this goal? (Be as specific as possible)</p> | | | | | | | | | | | | | | | | |