

# GOAL PLANNER



Created / /

Deadline / /

Achieved

How important is this goal?

My Mood

The Goal I am working towards

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Why is this goal important to me?

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SPECIFIC

What resources do I have?

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MEASUREABLE

What challenges may I face?

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ATTAINABLE



RELEVANT

How can I overcome these challenges?



TIMELY

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# GOAL SETTING

## TURN YOUR DREAMS INTO REALITY

Use the SMART tool to help you plan and achieve your goals. This approach will take the guesswork out of your goals, understand your timeline, track your progress, and identify missed milestones.

**S**

**SPECIFIC**

Who, what,  
where  
& why

**M**

**MEASURABLE**

You can't improve  
what you can't  
measure

**A**

**ATTAINABLE**

Challenging but  
not  
impossible

**R**

**REALISTIC**

Closely connected  
to your goal

**T**

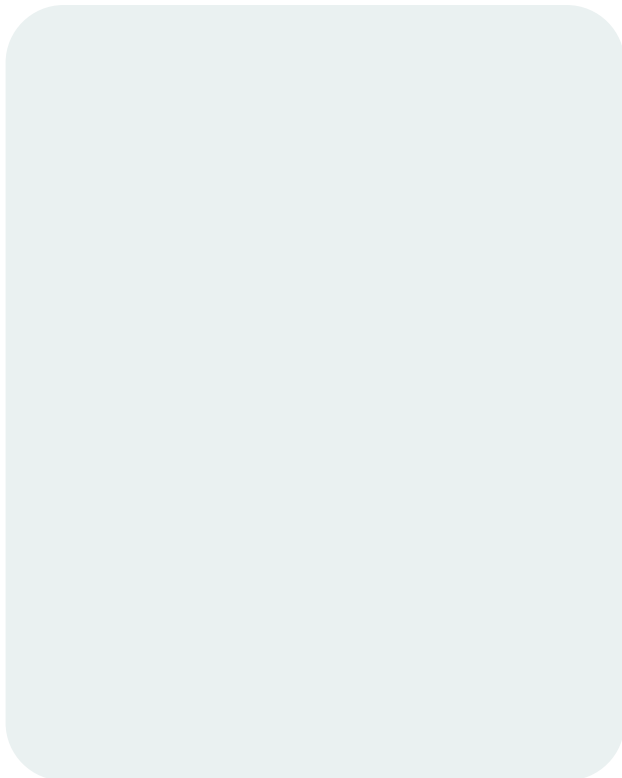
**TIMELY**

A date to  
hold you  
accountable

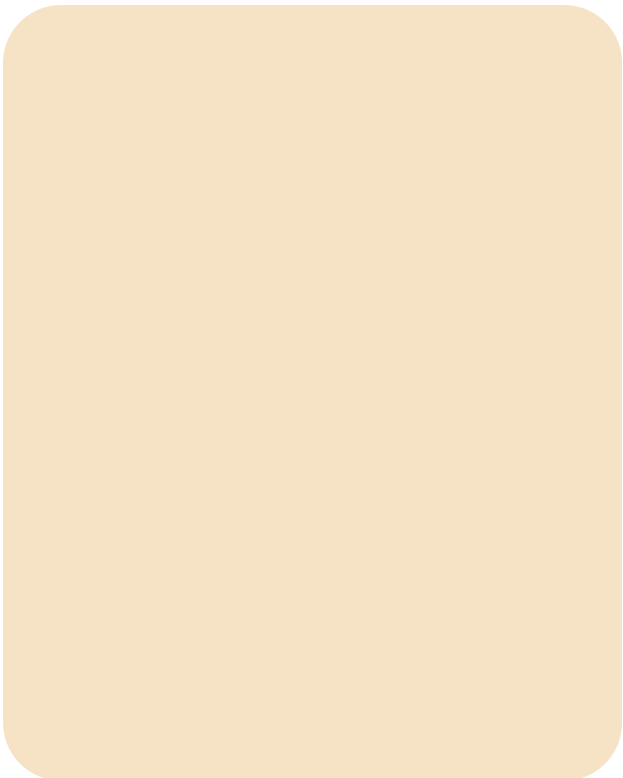
S M A R T

# MY GOALS JOURNAL

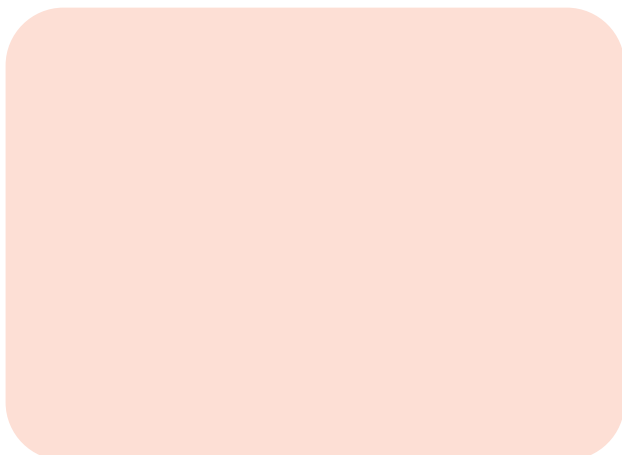
Vision



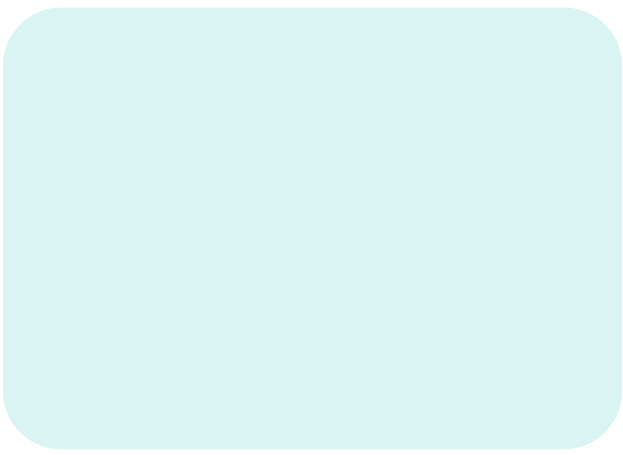
Mission



Strategies



Action Steps





# MONTHLY GOALS

**JANUARY**

**FEBRUARY**

**MARCH**

**APRIL**

**MAY**

**JUNE**





**JULY**

**AUGUST**

**SEPTEMBER**

**OCTOBER**

**NOVEMBER**

**DECEMBER**

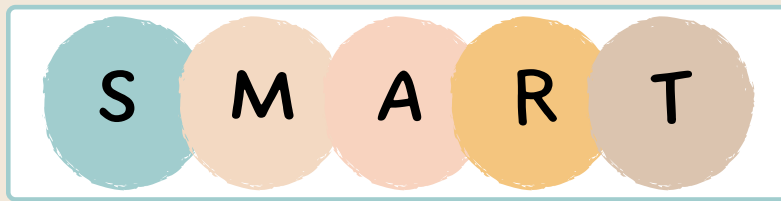


**NOTES**



# YEARLY GOALS

JANUARY	
FEBRUARY	
MARCH	
APRIL	
MAY	
JUNE	
JULY	
AUGUST	
SEPTEMBER	
OCTOBER	
NOVEMBER	
DECEMBER	



# WEEKLY GOALS

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Weekly Reflection:



# PROJECT PLANNER

GOAL



Break down your goal into 3 simple targets:

Target 1	Target 2	Target 3



**Action Steps:**

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Action Steps:**

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Action Steps:**

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- \_\_\_\_\_
- \_\_\_\_\_
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