

Goal SETTER

List all of your goals that come to mind, no matter how big or small

1	
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Goal SETTER

Out of all of your goals, which would you like to achieve first?

How will you know once you have reached this goal?

Is achieving this goal realistic with effort and commitment?

Have you currently got the resources in place to achieve this goal?

Why is this goal significant to you?

When will you achieve this goal?

SMART GOALS

When setting a new goal for yourself to achieve, make sure it is SMART. Use the below exercise to identify the path to your goal

S

SPECIFIC

What exactly are you trying to achieve?

M

MEASURABLE

How will you know when you've achieved it?

A

ATTAINABLE

Is it genuinely possible to achieve it?

R

RELEVANT

Is this goal relevant to your life?

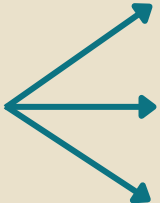
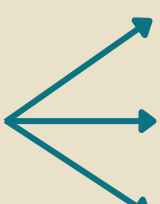
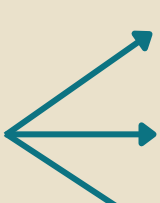
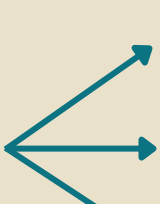
T

TIME-BOUND

When do you want to achieve this by?

Action for GOALS

Goals require plans of action in order to be reached. A goal often has a set of smaller goals which are the actions required to reach the overall goal. Think about your goals and below in each box state your goal and then identify the mini goals that need to be achieved in order to reach the main goal

GOAL		
GOAL		
GOAL		
GOAL		

Goal PROGRESS

Use the below in order to plot your progress towards your goal.
Use this as an opportunity to reflect on how far you have come and
to refocus if required

What steps do you still need to implement?

Which of your strengths have helped you so far?

Which of your weaknesses have hindered your progress?

How do you feel about your progress with this goal so far?

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Progress Boost YOUR GOAL

A progress check exercise can help you identify all the things you need to keep doing (as well as the things you need to stop) in order to reach your goal(s)

MY GOAL:

STOP DOING

DO LESS OF

KEEP DOING

DO MORE OF

START DOING