

Goal Setting Worksheet

MAKE YOUR VISION A REALITY

at
HER
BEST

DRAFT GOAL: _____ focused on the next ____ months

Examples: *Job/Career: Secure a position that matches my qualifications and accomplishments and brings me more purpose and balance*
Personal Health/Wellness: Lose all the baby weight I've packed on [and then some] over the years through becoming stronger
Education/Learning: Build on a side hustle that brings my joy and passion in life

| S.M.A.R.T. | Steps I will Take to Accomplish This | 1 month | 3 months | 6 months | Notes/Progress |
|--|--------------------------------------|---------|----------|----------|----------------|
| SPECIFIC What is the desired result? (who, what, when, why, how) | | | | | |
| MEASURABLE How can you quantify (numerically or descriptively) completion? How can you measure progress? | | | | | |
| ACHIEVABLE What skills are needed? What resources are necessary? How does the environment impact goal achievement? Does the goal require the right amount of effort | | | | | |
| RELEVANT Is the goal in alignment with your overall vision or strategy? | | | | | |
| TIMELINE What is the deadline? Is the deadline realistic? | | | | | |

Source: Susan Hodgkinson, The Leader's Edge