

Goal Setting Worksheet

The current worksheet has been developed with the aim of helping you to retain that strength that you have in you to not lose sight of your short-term and long-term goals. You can approach your goal-setting process by making a list of SMART Goals.



Every time you make a goal, ask yourself.....

Specific - How best can I describe my goal?

Measurable - Can I measure my progress in achieving the goal? If so, how?

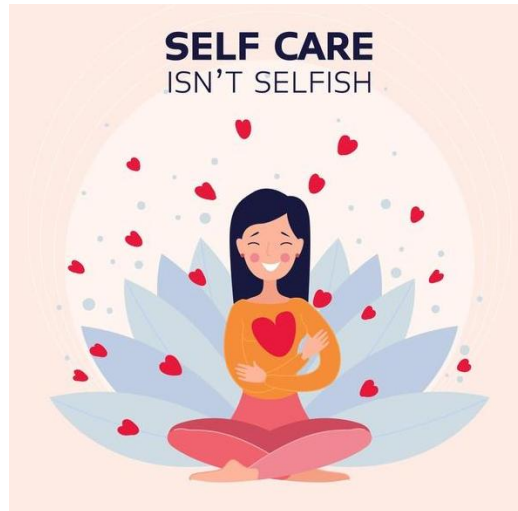
Attainable - Is the goal attainable based on the resources and skills I have?

Realistic - How realistic is my goal?

Time- bound - Is there a specific period I can achieve the goal in?

Now you know how **SMART** goals work. Time for you to start with **your own!!**

GOALS FOR SELF



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PROFESSIONAL / CAREER GOALS



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RELATIONSHIP GOALS



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