

Goal Setting Worksheet

1. Vision - What Do You Want to Achieve?

2. Why This Goal Matters to You

3. SMART Goal Statement

4. Milestones (Break Down the Goal)

5. Weekly Action Plan (3 Key Tasks)

Goal Setting Worksheet

6. Progress Tracker (Check off each week)

Week	Tasks Completed	Obstacles	Adjustments

7. Monthly Reflection - What Worked, What Didn't?

8. Notes / Gratitude / Wins
