



SETTING GOALS WORKBOOK

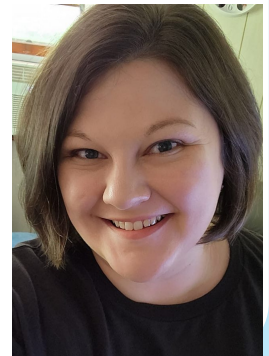


SETTING GOALS WORKBOOK

Hello friend! Whether you're setting goals on January 1st or May 18th, I hope you will utilize this workbook to help you create goals that are SMART (more on that soon). I highly recommend writing down your goals in order to help cement them in your brain. But remember to keep it all in perspective.

Messing up one day will not ruin everything. Keep going. Small changes lead to big results. I'm here cheering you on!

♥ Sierra



SMART GOALS

WHEN SETTING GOALS, MAKE SURE THEY FOLLOW THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	



CATEGORIES FOR

GOALS

WHILE YOU CAN CREATE ANY GOALS YOU LIKE, HERE ARE SOME CATEGORIES THAT MAY PROVIDE YOU WITH IDEAS.

SPIRITUAL

FITNESS

HEALTH

FAMILY

CAREER

FINANCIAL

EDUCATIONAL

PERSONAL



My Goals



1.

2.

3.

4.

5.

6.



My Goals



7.

8.

9.

10.

11.

12.





My Goals



1.

2.

3.

4.

5.

6.





My Goals



7.

8.

9.

10.

11.

12.



My Goals

A collection of stylized black fireworks of various sizes and shapes, some with long tails, scattered across the top of the page.

1.

2.

3.

4.

5.

6.



My Goals

A decorative border at the top of the page features several stylized fireworks in black. Some are large and bursty, while others are smaller and star-shaped. They are scattered across the top, with some appearing to trail upwards.

7.

8.

9.

10.

11.

12.

