

# **Goal Setting Workbook**

Use this worksheet to answer the following question.



**How will this goal benefit my future?**

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Use this worksheet to answer the following question.



**What area of my life will this goal improve?**

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Use this worksheet to write down  
your goals (one goal at a time)!



## **S.M.A.R.T. Goals**

**Specific, Measurable, Action-based, Realistic, Time-bound**

**S**

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**M**

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**A**

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**R**

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**T**

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Use this worksheet to write down  
your needs to achieve your goal.



## **Need to be met**

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Use this worksheet to write down  
one way you will work on your goal  
daily.



**I will...**

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