

I'm not robot!



Name \_\_\_\_\_ Date \_\_\_\_\_ Class Period \_\_\_\_\_

### SMART Goal Map

Directions: List the required information in the appropriate areas as indicated.

<b>S</b>	Make it Specific	What do you want to accomplish?
<b>M</b>	Make it Measurable	How will you know when you have accomplished your goal?
<b>A</b>	Make it Attainable	How can the goal be accomplished?
<b>R</b>	Make it Relevant	Is this goal worth working hard to accomplish? Explain.
<b>T</b>	Make it Timely	By when will the goal be accomplished?

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**FREE  
PRINTABLE!**

MY GOALS

My name

Teacher's name

Things I'm good at

Things want to get better at

Grade

MY GOALS

My name

Teacher's name

Things I'm good at

Things want to get better at

Grade

Best subject

Things I want to learn about

Picture of me

I like

# S.M.A.R.T. GOALS

WORKSHEET

**S**pecific

**M**easurable

**A**ttainable

**R**elevant

**T**ime-oriented

What exactly do I want to do?

How will I track my progress?

Is this realistic for me? Do I have what I need to make it possible?

Why am I doing this? Does it matter to me?

When will I have this completed?

WOMEN'S Running

## 2019 goals

personal goals	professional goals
new things I want to try	people I want to see
places I want to visit	how can I help other people

## Goal Setting

\_\_\_\_\_ 's Goal.

My goal is: (Draw or write it.)

To reach my goal I will do these things:

- 1.
- 2.
- 3.

These people or things will help me reach my goal:

This is how I will feel when I reach my goal: (draw or write it.)

Akong Bugsay 2

There are hundreds if not thousands of Free Goal Setting Worksheets available out there. GoalSettingBasics.com will provide the basic goal setting tools and worksheets so you can easily achieve the goal you set out to accomplish. It doesn't matter if you make your own worksheet or you use one of our worksheets, the important thing is use one. Write out your goals, define them, prioritize them, list how you are going to accomplish them and by when. Basic-F.A.C.E.F.E.A.R. Goal Setting Worksheet Goal Setting Worksheet Goal Extension Worksheet Goal Defining Worksheet SMART Goal Setting Worksheet SMART Goal Setting Worksheet Instructions Put your plan into motion. We offer a collection of worksheets for you to use with setting your goals. From our basic goal setting worksheet to our exclusive F.A.C.E.F.E.A.R. goal setting worksheet. Fear is often a cause of failing to meet our goals. If we face fear, we stand a much better chance of conquering that fear and accomplishing our goals. Set goals for Financial, Attitude, Career, Education, Family, Exercise, Arts, and Recreation and you will be on course for great success. Basic-F.A.C.E.F.E.A.R. Goal Setting Worksheet The SMART goal setting worksheet will help you in defining your goals as specific, measurable, attainable, realistic, and within timelines. SMART Goal Setting Worksheet SMART Goal Setting Worksheet Instructions Goal Setting Ideas for Today If you are one for preparing for the next day the night before, make yourself a daily things to do list the last thing you do before calling it a night. If you are an early riser and start your day off by getting organized, do your daily things to do list first thing and line out your day. This will help you keep on track with the things you need to do meet your short term goals. Make sure to check them off as you go. You will find that not only will each check mark be a step closer to achieving your goal but you will get an incredible sense of satisfaction every time you check something off. If it was one of those days and you tried your hardest to get it all checked off but just couldn't, no worries, just add it to tomorrow. If you live by making the effort every day, you will see progress. You will find financial goal setting worksheets for all occasions. Use one or all for short term, mid term and long term goals. Budget an upcoming vacation or a new car. Start the rainy day and retirement fund. What will be your projected income and how will you earn it. You should have financial goals starting today and for all days, weeks, months and years to follow. If you're a kid with an allowance, a teenager landing your first job, or someone saving for a car, home, education, retirement, and life, there is a form for you too. Free goal setting worksheets also has budget worksheets. If you're an employee or the boss of employees and are challenged with goal setting in the workplace, there is a worksheet for that. Setting goals will spell out exactly what the specific goals are, what needs to happen, what is expected and will ensure the highest level of productivity. If you own your own business, include the business goal setting worksheet with your statement of purpose, business outline, marketing and supporting documents and you have your business plan. Parents, get your kids of to a good start with goal setting worksheets for children, kids and teens. If they want something and you help them design a plan that will help them get it, they will feel a great sense of accomplishment and it's never too early to start setting goals. The student goal setting worksheet will help define what is expected from you and what you can expect from your studies. Goal setting will give a student long-term vision and short-term motivation. GoalSettingBasics.com offers Free goal setting worksheets for all. We will be constantly creating, adding and updating our free goal setting worksheets. If for what ever reason you do not see a worksheet that meets your needs, contact me with what it is you are looking for and I will check my library to see if I can find a match. Let these Simple Steps to Success Motivate you! Other Free Worksheets Home > Free Goal Setting Worksheets Enjoy this page? Please pay it forward. Here's how... Would you prefer to share this page with others by linking to it? Click on the HTML link code below. Copy and paste it, adding a note of your own, into your blog, a Web page, forums, a blog comment, your Facebook account, or anywhere that someone would find this page valuable. As educators, we encourage our students to dream big, but many times students don't understand how to set goals and make plans to make their dreams a reality. In fact, many students believe results are more of a matter of luck. Using these goal setting worksheets, students will learn how to break down a goal into actionable steps that are easier to complete and make the goal more manageable. Action Plan Annie is a character from the Centervention social skills game Adventures Aboard the SS GRIN. Annie teachers players to break their goal into smaller steps that can be completed one at a time. And we're going to help you help your students with the same, exact process. Using an action plan template, students will write their goal at the top, and then write down each step that is necessary in order to complete the objective. Prompt: "What does it mean when someone says 'good luck!' or 'you're lucky?' Some people think that finding a four leaf clover can bring you luck. Today we're going to learn how we can make our own luck! If you have a dream or a goal, the best way to reach that goal is to make a plan. For example, suppose you want to make the soccer team but you've never played soccer. What are some ways to make a plan and prepare? Get a soccer ball Practice at home Ask a friend that plays soccer for help I'm sure you all have something you'd like to do or would love to have, and now, we're going to work on creating plans to make our own luck!" Write down your goal (the thing that you want) Think about how you can make it happen (your plan) Write down your plan Follow your plan and don't give up! Goal Setting Worksheet For Early Elementary Students Hand out printable. With this goal setting worksheet, students will learn to create their own luck by deciding what they want and making a plan to achieve it. Prompt: Now, think about a dream you have. It can be something you've wanted to do at home or school, etc. Write it down in the space where it says "goal" on your worksheet. Next, think about how you can make that happen. What do you need to do, or do you need help with in order to make that goal a reality? When you have some ideas, write them in the next spaces provided. Goal Setting Worksheet For Upper Elementary and Middle School Students Hand out printable. Sometimes fear can get in the way of going for a goal. You should encourage your students to pinpoint and identify the source of their fear from the start so they don't create obstacles for reaching their goal. Next, write down the details of the goal, list out 3 or 4 key steps to make the goal a reality, and write a date that they will reach this goal by. Walk through how to make a realistic end date so they are giving themselves enough time to attain the goal. You can also discuss a few positive affirmations that they can remind themselves of when they are working hard towards this goal. After your students complete a goal setting worksheet, make copies to keep on hand for review. Encourage students to take their worksheet home and keep it in a place they can see it every day. While setting a goal is one thing, you've probably already begun to realize that actually achieving it is a whole different story. No matter how great your intentions may be, in order for goal-setting to be successful, you'll need a clear-cut strategy for how to get there—plus effective ways to track your progress—which is why using goal-setting worksheets and guides can help. Whether you're trying to save money by sticking to a more strict budget or shed some weight by committing to a workout and healthy eating routine, using a goal-setting worksheet to keep you pushing onward—and to hold you accountable for your progress (or lack thereof)—can make goal-setting feel less daunting and instead feel more doable. These 10 free printable goal-setting worksheets and guides, plus tips, will give you that extra dose of accountability you've been needing in order to outline clear goals and actually achieve them. 10 Free Printable Goal-Setting Worksheets and Guides for 2022.1. Identify your main priorities. Before you focus on goal-setting, it helps to pull back and focus on your overarching life priorities first. This ensures that the goals you're setting are in line with both your long-term vision and core values, rather than being short-sighted or an inefficient use of your time and energy. This free printable goal-setting worksheet from Just a Girl and Her Blog will help you do just that. Related: Get Inspired with These 150 Goals Quotes that Will Help You Turn Your Dreams Into Reality 2. Tackle multiple goals simultaneously. Most of us have a number of goals we're working toward simultaneously—like eating healthier, exercising more regularly and paying off that credit card debt, just to name a few, and that's where this free goal-setting worksheet and printable planner from Passion for Savings comes in. With multiple pages worth of goal-setting (and goal-tracking!) included, this all-in-one goal-setting worksheet—that addresses topics from general schedule planning to health tracking to finances—is a "must download" in our book. Best Bullet Journals 3. Know your motivation for sticking with it. This goal-setting worksheet has it all! From a section where you can identify which key category of life your goal is focusing on to assessing your goal's SMART-ness (Specific, Measurable, Achievable, Realistic, and Timely), this goal-setting worksheet from Wise Goals has it all! But the best part, by far, is that this goal-setting exercise asks the most important question all: why? Answering the "why" for each goal helps you stay motivated and encourages you to keep at it—even when the going gets tough. 4. Think short-term to make goal-setting more manageable. This goal-setting worksheet from The Project Girl uses the reward system to keep you motivated and making progress. Beyond having you clearly outline your main goals and write out your strategy for achieving them, this free printable goal-setting worksheet lets you set target dates for each step's completion and has you identify a small "reward" for each phase of your goal-setting you achieve successfully. 5. Break down long-term goals into smaller, more actionable steps. It's easy for goal-setting to become an overwhelming process. Some goals, especially the big ones, can feel especially daunting or impossible to begin. But the truth is you can reach any goal you set—no matter how big or long-term it is—as long as you break it down into small enough steps. With the help of this long-term goal-setting worksheet from The Project Girl, you can it won't feel quite as overwhelming to strategize, plan and execute them in 2022. 6. Revamp your daily habits to make goal-setting more doable. When it comes to goal-setting, doing a little work each day—rather than going all in over a short period of time—goes a very long way toward helping you achieve your goals. In weight loss terms, think of it as the equivalent of choosing to eat more whole foods and cut out junk food over the next few months as a way to shed pounds vs. going on an intense crash diet for two weeks. In the end, re-creating your daily habit is a more successful goal-setting method, which is why this free printable daily habit tracker worksheet from Daisy Cottage Designs is a great tool to have. Related: Motivational and Inspirational Quotes 7. Think categorically about goal-setting. This free printable goal-setting worksheet from Day Designer divides your life goals into five key categories—self care, relationships, personal development, resources and vocation—so you can work on multiple self-actualization goals (one from each key category) simultaneously. Plus, since this goal-setting worksheet is broken down into quarterly sections, you can set mini milestones for yourself to achieve as you go, making it easier and more palatable to focus on all five areas at once without getting overwhelmed. 8. Prioritize your top three goals daily. Experts recommend knowing what your top three must-do's are and, in addition to clearly listing them out, tackling them first—before you do anything else for the day—since new to-do's or unexpected "fires" can pop up at anytime. This pretty printable goal-setting worksheet from Elle Olive Co. will help you do just that, in addition to keeping tabs on other goal-oriented areas of your life, too. 9. Think SMART-ly when goal-setting. For the best chance of success, do all of your goal-setting and planning with the acronym SMART in mind, which stands for Specific, Measurable, Achievable, Realistic, and Timely. Not only does this free printable goal-setting worksheet from Organized 31 include tips for setting SMART goals, it'll help you keep up them on a week-by-week basis so they stay front-of-mind until they've been completed. 10. Review your progress regularly. Even the best goal-setting plans can go awry if you aren't regularly checking in with yourself about your progress, which is why we love this goal-setting worksheet in particular. It has a "week in review" section at the end that allows you to see what worked (and what didn't!) so you can keep moving forward. For more, see the Ultimate Life Binder, Minimalist Edition, from SecretOwl Society on Etsy. Now that you're in a goal-setting mindset, check out this list of the 50+ best planners to find the perfect one for you.

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