

Sample Goal-Setting Worksheet

The sample goal-setting worksheet below is very user-friendly and can be self-completed.

SAMPLE

My Personal Goal-Setting Worksheet

To make goals effective, they must SMART:

Specific Measurable Attainable Realistic Timely

Post your goals where you can review them frequently. And have fun!

My short-term goal for the first month will be: _____

(Example: I will walk 3 times/ week for 15 minutes each time.)

My intermediate goal for the next 6 months will be: _____

(Example: I will walk 4 or 5 times/ week for 15 minutes each time.)

My long-term goal for my first year will be: _____

(Example: I will participate in a 5-kilometre walk.)

I, _____, will try my best to obtain these goals. I will reward myself when I accomplish each goal by _____

Date: _____ Signed: _____