

Date Completed: \_\_\_\_\_

### Goal Setting Worksheet

Year: \_\_\_\_\_

Area of Focus:

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<b>S</b> <i>What do you want to achieve?</i>		
<b>M</b> <i>How will you measure your journey?</i>		
<b>A</b> <i>What can you DO to move you forward?</i>		
<b>R</b> <i>Be honest with yourself about your limitations.</i>		
<b>T</b> <i>Set milestone and due dates.</i>		

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<b>S</b>	<b>Specific</b> <i>What do you want to achieve?</i>		
<b>M</b>	<b>Measurable</b> <i>How will you measure your inturn?</i>		
<b>A</b>	<b>Actionable</b> <i>What can you DO to move you forward?</i>		
<b>R</b>	<b>Realistic</b> <i>Be honest with yourself about your limitations</i>		
<b>T</b>	<b>Time related</b> <i>Set milestone and due dates.</i>		

Area of Focus:

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<b>S</b>	<b>Specific</b> <i>What do you want to achieve?</i>		
<b>M</b>	<b>Measurable</b> <i>How will you measure your inturn?</i>		
<b>A</b>	<b>Actionable</b> <i>What can you DO to move you forward?</i>		
<b>R</b>	<b>Realistic</b> <i>Be honest with yourself about your limitations</i>		
<b>T</b>	<b>Time related</b> <i>Set milestone and due dates.</i>		