



# EFFECTIVE GOAL PLANNING: SETTING YOURSELF UP FOR SUCCESS

Identifying focused, measurable, achievable goals and mapping out the steps to reach them is essential to personal accomplishment. Use this worksheet to solidify each goal and your plan of action. Create goals that are true to what you want, not dictated by conventional expectations.

Ready? Think S.M.A.R.T. (specific, measurable, achievable, realistic, and time-bound).



**GOAL:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Objectives:** Steps I'll take to get there:



1. \_\_\_\_\_  
\_\_\_\_\_

To do by: \_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

To do by: \_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

To do by: \_\_\_\_\_

**Remember:** keep your goals manageable, measurable, and meaningful.

**Anticipated timeframe for this milestone:**



📍 1 month



📍 6 months



📍 1 year

**TIP:** Remember to assess, reassess, and revise your objectives to align with your life as it evolves. Defining the steps to reach your goals can be a fluid process.

**Who can I count on for support along the way?**

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**Schedule 3 dates to check-in with yourself and your progress:**



1. \_\_\_\_/\_\_\_\_/\_\_\_\_



2. \_\_\_\_/\_\_\_\_/\_\_\_\_

3. \_\_\_\_/\_\_\_\_/\_\_\_\_



**Reach a milestone? Slay an objective? Celebrate it! Achieving big goals comes from smaller accomplishments that add up.**

Take the next step at [HowDidYouGetHere.com](http://HowDidYouGetHere.com)

