



## Build Your Dreams Workshop

### STEP 2 - Goal Setting Worksheet

#### Keep Your Goals S.M.A.R.T.

Use the information below to help you clarify what it is that you want to achieve. Once you have completed the table, then you will be able to write your S.M.A.R.T. goals using page 2. Make as many copies as you need to help you fill in your road map.

**Here are some key elements needed in your goals to help you achieve success.**

- 1) **Stay focused on your dream:** Why are you doing what you are doing? Once you understand your WHY (and it's an enthusiastic WHY), you're 90% there.
- 2) **Does the goal match who you are and what you believe:** The more a goal aligns with your core values - the EASIER it will be to achieve. Goals that do not match these values are attainable, but usually are less satisfying and are more difficult to reach.
- 3) **Stay Positive:** Starting your goals in a positive way helps to pick you up.  
I.e. - "I want to save money" rather than "I want to stop spending so much"

**REMEMBER: GOALS are set to INSPIRE YOU not to bring you down!!**

<b>Intention</b> What do you want to achieve?	<b>Specific</b> The 5 W's Who, What, When, Where, Why?	<b>Measurable</b> How much? How many? How often?	<b>Attainable</b>	<b>Relevant</b> Is this in line with my overall lifestyle and dreams?	<b>Time Bound</b> When?



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**GOAL WORKSHEET**

**Positive Goal Statement:** What do you want to achieve?

Be sure your goal is:

- Specific
- Measurable
- Attainable
- Relevant
- Time Bound

**Why is this goal important to me and my overall dreams:**

**What do I need to accomplish my goal:** What resources or things will I need to accomplish prior to working on this goal?

**Action Needed**

What do I need to do to make sure that I am able to accomplish my goal?

Action Item	Deadline	Date Completed



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**Create Your Road Map**

Use this sample to fill in your road map. Be creative and use pictures instead of words in the boxes to help you visualize your dreams. You can put a star, a checkmark or whatever motivates you over your goals as you accomplish them.

*Have Fun!!*

