

You Can Do It! Short-Term Goals

Name: _____

- 1) List a **SMART** short-term goal for yourself (one that you can do in less than a year):

- 2) What are the benefits to you for reaching this goal?

- 3) List the steps you will take to reach your goal and a deadline for each one:

Step	Deadline
1	
2	
3	

- 4) What might block you in reaching this goal, and what could your solution be?

BLOCK:

SOLUTION:

- 5) List someone who could help you meet your goal:



You Can Do It! Long-Term Goals

Name: _____

1) List a **SMART** long-term goal for yourself (one that will take more than one year):

2) What are the benefits to you for reaching this goal?

3) List the steps you could take to reach your goal and a deadline for each one:

Step	Deadline
1	
2	
3	

4) What might block you in reaching this goal, and what could your solution be?

BLOCK:

SOLUTION:

5) How will you stay on track so you meet this goal?

I will....

