

SELF REFLECTION AND CLARITY

Take some time for self reflection and clarity. Be honest with yourself.

WHERE ARE YOU STARTING FROM?

WHY DO YOU WANT TO START OVER?

WHAT ASPECTS OF YOUR LIFE NEED CHANGE?

NOTES

SMART GOALS WORKSHEET

WHAT EXACTLY DO YOU WANT TO ACCOMPLISH? WHY IS IT IMPORTANT TO YOU?

Specific

HOW WILL YOU KNOW YOU HAVE MET YOUR GOAL?

Measurable

IS THIS GOAL ATTAINABLE FOR YOU CONSIDERING TIME, SKILLS, FINANCIAL MEANS, ETC...?

Attainable

HOW MEANINGFUL IS THIS GOAL TO YOU?

Relevant

SET A DUE DATE

Time

GOALS LIST

SMART GOAL

WHEN ACHIEVED, I WILL...

SMART GOAL

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SMART GOAL

WHEN ACHIEVED, I WILL...