



Goals Worksheet

Big SMART Goal

Specific, Measurable, Achievable Action:

Relevant to My Big 3 Goal To:

Time / Date to Achieve:

Steps

In order to achieve this goal

Things I need to get:

Which also requires:



Things I need to learn:

Which also requires:

Things I need to do:

Which also requires:



Other people I want to connect to

To be mentors / guides

To be peers / mutual supporters in pursuing this goal

Other organizations I want to connect with

Other activities that will help me achieve this goal.