

GOAL-SETTING CHALLENGE FOR 2025

This SMART tool worksheet will help you break down your ambitions for 2025 into manageable steps.

S

SPECIFIC - What am I going to do? Why is this important to me?

M

MEASURABLE - How will I measure my success? How will I know when I have achieved my goal?

A

ATTAINABLE - What will I do to achieve this goal? How will I accomplish this goal?

R

RELEVANT - Is this goal worthwhile? How will achieving it help me? Does this goal fit my values?

T

TIME-BOUND - When will I accomplish my goal? How long will I give myself?

MY GOAL IS:

FINISH DATE

HOW WILL I MEASURE MY SUCCESS?

STEPS TO ACHIEVING MY GOAL:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

OBSTACLES THAT MAY ARISE:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

HELPFUL TOOLS:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

RESOURCES:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____