



Leadrise Coaching

by Merve Kagitci Hokamp

GOAL SETTING WORKSHEET

MAKE YOUR GOALS



SPECIFIC

MEASURABLE

ACTIONABLE

RELEVANT

TIME-BOUND

What are your goals?

How will you measure your goals?

What is your plan to achieve your goals?

How will these goals help you?

When will you achieve these goals?

My priorities are



My goals are





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I will track and measure my goals by



I will achieve these goals by doing



Action 1	Action 2	Action 3	Action 4

These goals help me by



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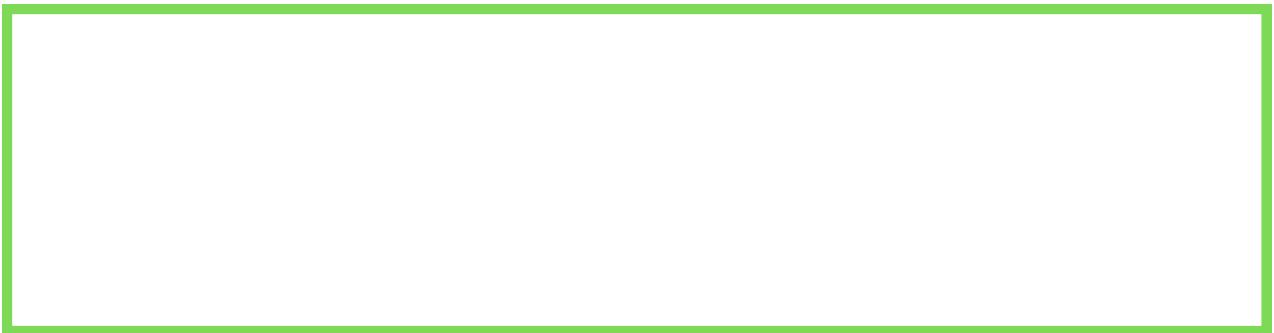
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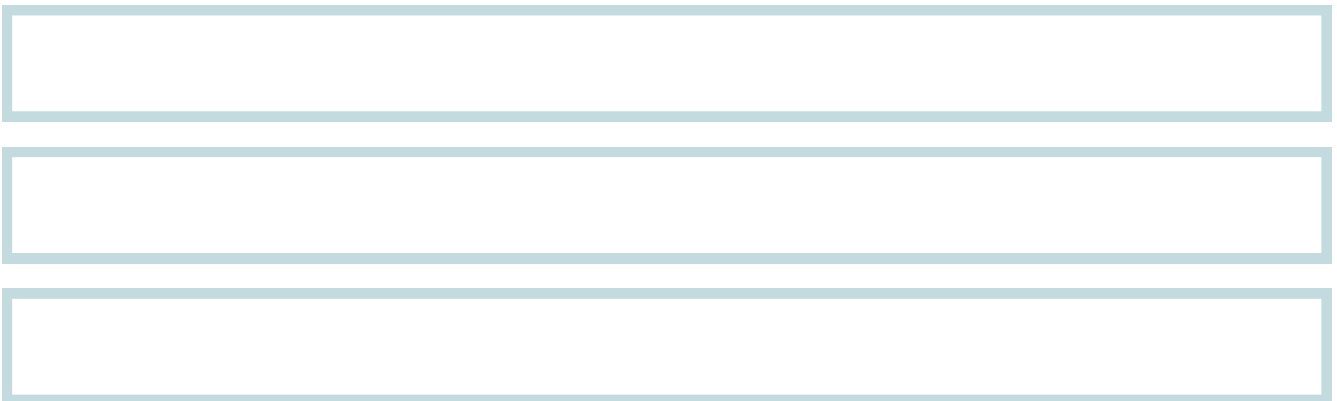
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I will complete these goals by

List deadlines and milestones

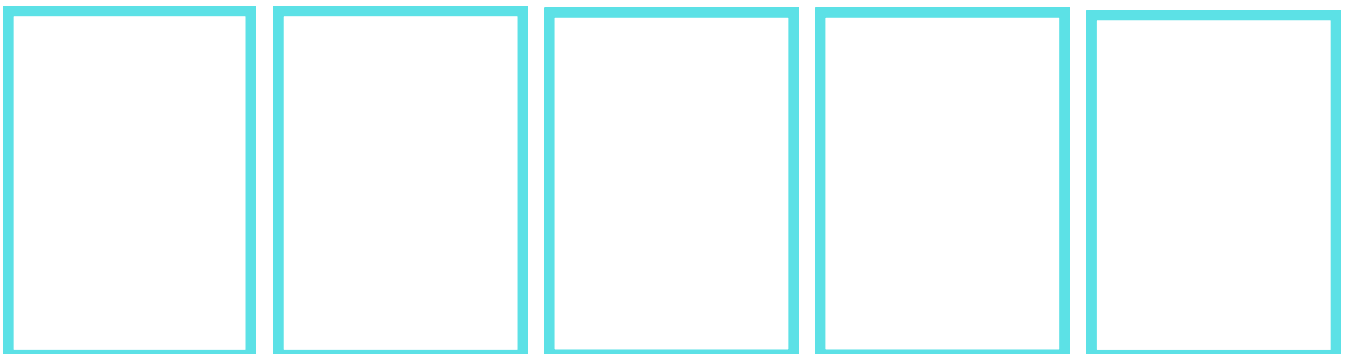


Things that will help me reach my goals are



People who will help me achieve my goals are

List names and roles





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Things that might hinder my goals are

List risks and potential obstacles

If I get distracted from my goals, I will tell/remind myself

When I achieve my goals, I will reward myself