

GOAL-SETTING WORKSHEET

Step 1: Choose your big goal

Do you want to start flossing? Drink 8 glasses of water a day? Have more energy? Feel stronger?

Write down your big goal:

Make it SMART

Specific – make your goal as specific as possible.

Measurable – how will you know when you've reached your goal?

Achievable – it's good to set challenging goals, but make sure you can succeed. Is your goal possible?

Relevant – how is your goal related to what's important to you in life?

Time-bound – when will you reach your goal?

Step 2: List your goal steps

What do you need to do to reach your goal? If you need to get 8 hours of sleep a night, how will you achieve that?

Write down your goal steps:

Step 3: Identify your obstacles

What things could get in the way of your goal steps?

Write down your obstacles:

Step 4: Make an if-then plan

What will you do if these obstacles happen? Set an if-then implementation intention using our handy dandy form.

Write down your if-then plan:

If [obstacle from Step 3 _____] occurs,

then I will [plan to overcome the obstacle _____]
