

Goal-setting Worksheet

Name:	Date:
will need to either save the	is worksheet as you move through the <i>Goal-setting</i> lesson. Yo worksheet to your computer or print it out and write in your orksheet and forget to save it before typing, you will lose all o
1. What does SMART s	stand for in goal setting?
S	
M	
A	
R	
T	
List three things you reaching your goals	u can do that will make you more successful at
a	
b	
C	
3. List two trusted adu	ilts you could talk to for help in reaching your goals.
a	
h	