

A close-up photograph of a person's hands resting on their feet, which are positioned on a purple textured mat. The hands are spread apart, with fingers resting on the soles of the feet. The person is wearing a silver ring on the ring finger of their left hand. The background is a soft-focus view of the person's legs and feet on the same mat.

GOAL SETTING WORKSHEET

Effective goal setting will allow you to visualise your goals in your mind and also the required steps to making that happen.

SET GOALS NOW



GOAL SETTING WORKSHEET

Goal setting is a crucial part of achieving incredible results.

It's important to add facts and figures to your goals in order to get a detailed output, track progress and evaluate results. Having a solid set of goals with numerical relevance helps to program plans, set realistic time frames and allows your coach to provide the correct advice at the right times.

SMART PRINCIPLES

To ensure we can set effective and measurable goals, we can use the **SMART** principles. This means that all goals should be:

S

SPECIFIC

Is the goal clearly written, with no ambivalence? Is it clear who needs to accomplish the goal, and any support that might be expected?

M

MEASUREABLE

Does the goal answer the questions of how many, how much and/or how often?

A

ACHIEVABLE

Can you get the support needed to achieve the goal by the target date? Do you have all the resources needed to achieve the goal? Are the results expected realistic?

R

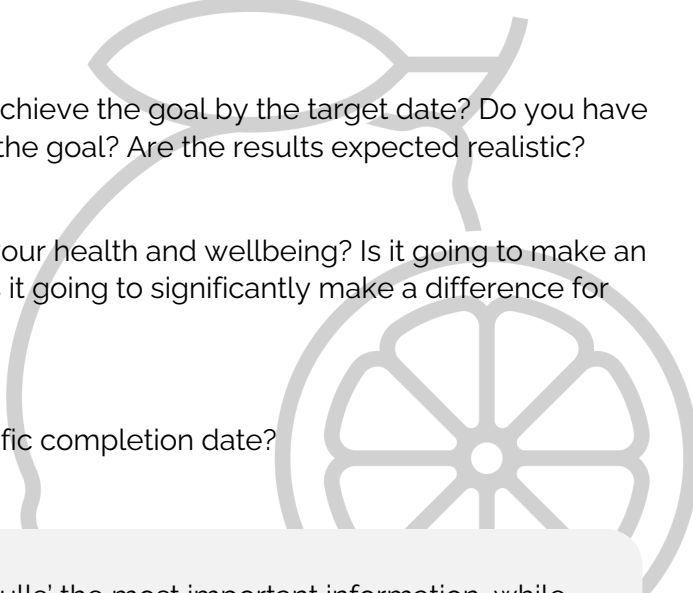
RELEVANT

Does the goal make a difference to your health and wellbeing? Is it going to make an improvement in your personal life? Is it going to significantly make a difference for you and your environment?

T

TIME-BOUND

Does the goal state a clear and specific completion date?



This technique 'pulls' the most important information, while also giving us a chance to think about our goal and how we will go about achieving it.



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SMART GOAL SETTING

Fill in a new sheet for every goal you want to achieve.

GOAL

SMART GOAL CHECKLIST

(Use information on previous page to assess your goal, tick as appropriate)

- ☐ Specific
- ☐ Measurable
- ☐ Achievable
- ☐ Realistic
- ☐ Time-based

WHY IS THE GOAL IMPORTANT TO YOU?

WHERE ARE YOU NOW IN THE RELATION TO YOUR GOAL?





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HOW WOULD YOU KNOW WHEN YOU HAVE ACHIEVED YOUR GOAL?

WHAT ARE THE CONSEQUENCES OF ACHIEVING THE GOAL?

Positive

Negative

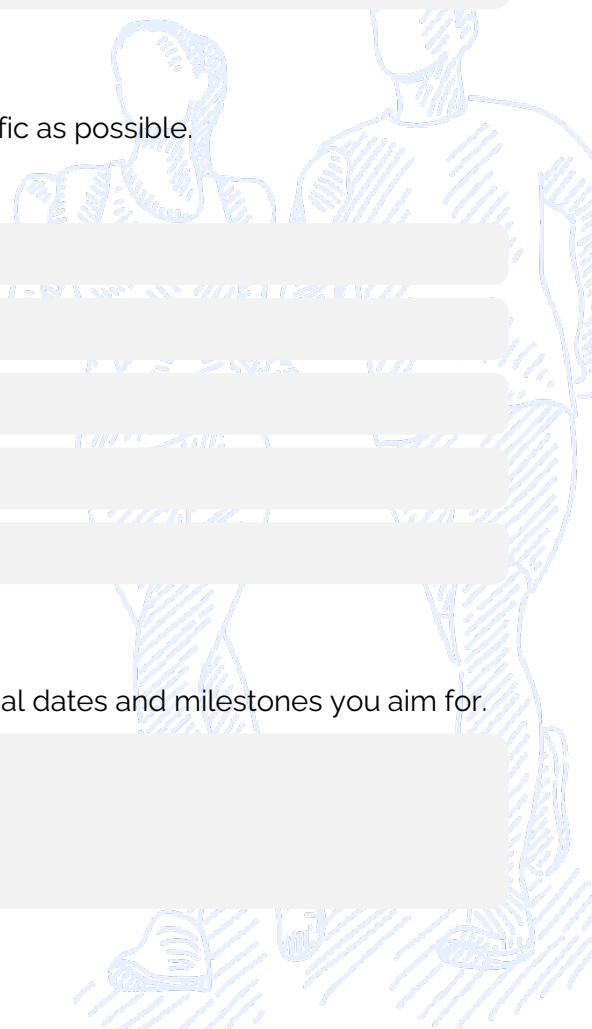
ACTION STEPS

What needs to be done to achieve this goal? Be as specific as possible.

GOAL 1 : Action Steps

DEADLINE

When do you want to achieve this goal? List any additional dates and milestones you aim for.



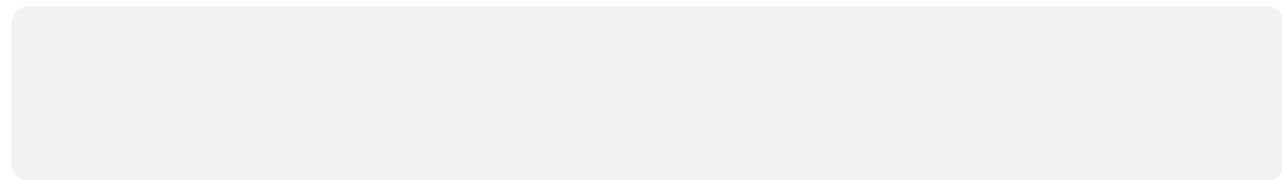


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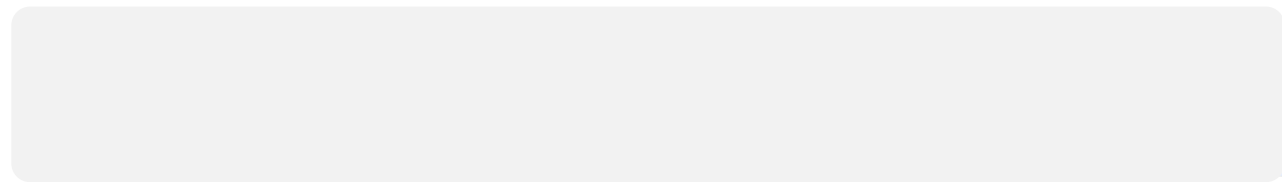
NECESSARY RESOURCES

What additional resources will you need for success? How will you find them? What things/subjects you need to learn about?



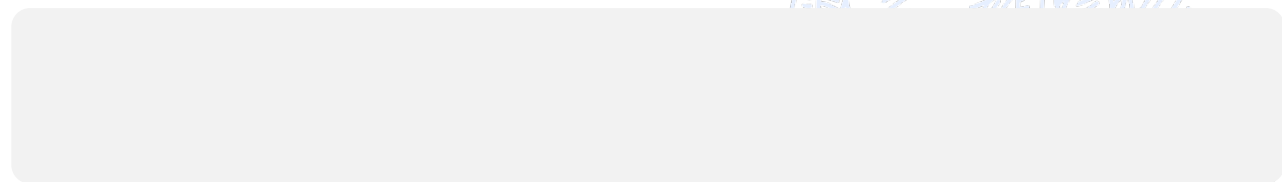
POTENTIAL CHALLENGES

Are there any potential challenges that you might come across? How will you overcome them?



POTENTIAL SUPPORT

How can people in your environment support you on the way to success?



ON A SCALE 0 TO 10

How ready are you to make changes now in order to achieve your set goal?

