

New Years Goals - Worksheet



Goal include specifics

Obstacles

This Goal Is,... all boxes should be checked

| | |
|--------------------------|------------|
| <input type="checkbox"/> | Measurable |
| <input type="checkbox"/> | Specific |
| <input type="checkbox"/> | Attainable |
| <input type="checkbox"/> | Time-Bound |

Plan of Action

| <input checked="" type="checkbox"/> | Steps | Started | Complete |
|-------------------------------------|-------|---------|----------|
| <input type="checkbox"/> | | | |
| <input type="checkbox"/> | | | |
| <input type="checkbox"/> | | | |
| <input type="checkbox"/> | | | |
| <input type="checkbox"/> | | | |
| <input type="checkbox"/> | | | |
| <input type="checkbox"/> | | | |

Notes & Reflections
