



GOAL SETTING WORKSHEET

Setting SMART Goals

- Specific:** The goal should identify a specific action or event that will take place. It should be stated in clear terms. For Example: I want to start a nonprofit organization that makes technology accessible to women's organizations in Africa.
- Measurable:** The goal and its benefits should be quantifiable. There must be a way to measure your goal. This can be accomplished by being observed, by being completed in a certain time frame, or by being calculated (if your goal involves a quantity).
- Achievable:** The goal should be attainable given available resources. You must have the interest, skills, abilities, strengths and resources (time, money, etc.) to make your goal happen.
- Realistic:** The goal should require you to stretch some, but allow the likelihood of success.
- Timely:** The goal should state the time period in which it will be accomplished.



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WHAT ARE YOUR GOALS FOR THE WEEKEND?

GOAL 1:

GOAL 2:

GOAL 3: