

# Set and Achieve Your Goals for 2019: Workshop Guide Sheet

1. What are some things you want to achieve in your life this year?

2. A goal is a \_\_\_\_\_ or \_\_\_\_\_ toward which  
\_\_\_\_\_ is directed.

3. Tip: A goal is something you can \_\_\_\_\_.

4. The SMARTER Goal Method

- S: \_\_\_\_\_
- M: \_\_\_\_\_
- A: \_\_\_\_\_
- R: \_\_\_\_\_
- T: \_\_\_\_\_
- E: \_\_\_\_\_
- R: \_\_\_\_\_

5. Two types of goals:

- a. \_\_\_\_\_
- b. \_\_\_\_\_

Your SMARTER Goal for 2019

Your Key Motivations – Why this goal?

Next baby action steps to reach this goal

Your Reward – how will you celebrate achieving your goal?