

Goal Setting Template

S.M.A.R.T Goals for (Write the Year) _____

Goal 1.

Date to be completed _____

Motivation: What do I lose if the goal isn't fulfilled?

Motivation: What do I gain if the goal is fulfilled?

Goal 2.

Date to be completed _____

Motivation: What do I lose if the goal isn't fulfilled?

Motivation: What do I gain if the goal is fulfilled?

Goal 3.

Date to be completed _____

Motivation: What do I lose if the goal isn't fulfilled?

Motivation: What do I gain if the goal is fulfilled?

Goal 4.

Date to be completed _____

Motivation: What do I lose if the goal isn't fulfilled?

Motivation: What do I gain if the goal is fulfilled?

Goal 5.

Date to be completed _____

Motivation: What do I lose if the goal isn't fulfilled?

Motivation: What do I gain if the goal is fulfilled?

Goal 6.

Date to be completed _____

Motivation: What do I lose if the goal isn't fulfilled?

Motivation: What do I gain if the goal is fulfilled?

Goal 7.

Date to be completed _____

Motivation: What do I lose if the goal isn't fulfilled?

Motivation: What do I gain if the goal is fulfilled?

If you have more than 7 goals ...

Goal 8.

Date to be completed _____

Motivation: What do I lose if the goal isn't fulfilled?

Motivation: What do I gain if the goal is fulfilled?

Goal 9.

Date to be completed _____

Motivation: What do I lose if the goal isn't fulfilled?

Motivation: What do I gain if the goal is fulfilled?

Goal 10.

Date to be completed _____

Motivation: What do I lose if the goal isn't fulfilled?

Motivation: What do I gain if the goal is fulfilled?
