

# Goal Setting Template

This one page template is a great visual guide for you goal setting, and it's A4 so you can print it out each week and put it up somewhere you will see it everyday. Using the SMART Goal Setting Guide below write out the goals you want to achieve today, this week and this month in each of the spaces provided. If you have a long range goal add that too and all the small goals you are doing today, this week and this month to achieve it.

Specific	Measurable	Achievable	Relevant	Timeframe
What exactly do you want to accomplish?	How will you track your progress towards the goal?	What steps do you need to reach your goal?	Why is this goal important to you?	When do you want to accomplish your goal by?

Today's Goal;

This Month's Goals;

This Week's Goals;

Long Range Goals;

