

Goal Worksheet for 2011 and beyond

Use this worksheet to write down and track your goals for 2011 and beyond. Goals are divided into 7 different categories, with each category having 3 different goals, the first for 2011, the next for 2013 and finally a five year stretch goal for 2016. When writing down your goal, be sure to remember S.M.A.R.T. – Specific, Measurable, Attainable, Relevant and Time-Bound – as a guideline for each goal. Write each goal in the present and complete the month and year goal as well. For example: *I am at my goal weight of 140 lb by May 2011.* And have fun! Be creative with your goals, especially the 5 year goals. Dream big and you may just end up achieving all of your dreams.

Career/Business/Profession <i>e.g. I am now a Senior Manager</i> 1. _____ _____ 2. _____ _____ 3. _____ _____	Date <i>Sept. 2011</i> _____ 2011 _____ 2013 _____ 2016
Health/Fitness/Sports <i>e.g. I am a healthy 150 lb</i> 1. _____ _____ 2. _____ _____ 3. _____ _____	Date <i>June 2011</i> _____ 2011 _____ 2013 _____ 2016
Family/Relationships <i>e.g. I am home for dinner 3 times a week</i> 1. _____ _____ 2. _____ _____ 3. _____ _____	Date <i>March 2011</i> _____ 2011 _____ 2013 _____ 2016

<p>Financial</p> <p><i>e.g. My income is now \$10,000 a month</i></p> <p>1. _____ _____</p> <p>2. _____ _____</p> <p>3. _____ _____</p>	<p>Date</p> <p><i>Dec 2011</i></p> <p>_____ 2011</p> <p>_____ 2013</p> <p>_____ 2016</p>
<p>Giving Back/Tithing/Donating</p> <p><i>e.g. I donate 10% of my gross income to my favorite charity</i></p> <p>1. _____ _____</p> <p>2. _____ _____</p> <p>3. _____ _____</p>	<p>Date</p> <p><i>June 2013</i></p> <p>_____ 2011</p> <p>_____ 2013</p> <p>_____ 2016</p>
<p>Self-Improvement/Relaxation/Self-Care</p> <p><i>e.g. I enjoy a weekend at a yoga retreat</i></p> <p>1. _____ _____</p> <p>2. _____ _____</p> <p>3. _____ _____</p>	<p>Date</p> <p><i>July 2011</i></p> <p>_____ 2011</p> <p>_____ 2013</p> <p>_____ 2016</p>
<p>Spiritual/Religious</p> <p><i>e.g. I meditate 3 times a week</i></p> <p>1. _____ _____</p> <p>2. _____ _____</p> <p>3. _____ _____</p>	<p>Date</p> <p><i>March 2011</i></p> <p>_____ 2011</p> <p>_____ 2013</p> <p>_____ 2016</p>