

# GOAL SETTING PRACTICE SHEET

Include: the **task or objective** you want to accomplish.

how it will be measured or what **standard or target** will be reached.

**time span.**

Examples: I will read at least three books a month for  
(task) (standard)  
the next three months.  
(time span)

I will lose six pounds by lowering my fat intake  
(task) (standard)  
by September 1.  
(time span)

Your turn:

#1 \_\_\_\_\_

Can I really achieve this? (realistic) Yes \_\_\_\_\_ No \_\_\_\_\_

How will I know when I've achieved this? (measurable)

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#2 \_\_\_\_\_

Can I really achieve this? (realistic) Yes \_\_\_\_\_ No \_\_\_\_\_

How will I know when I've achieved this? (measurable)