

# GOALS IN 2023

This year we're going to make SMART Goals! Follow along to learn more and use this worksheet to make your own goals.

**S**PECIFIC

Be really clear about what your goal is.

**M**EASURABLE

How much and how often you want to work toward your goal.

**A**CHIEVABLE

Make it realistic, you want to be able to reach this goal.

**R**ELAVANT

This goal is about you, and your life, not anyone else.

**T**IME BOUND

When will you achieve this by, so you can celebrate!

# GOALS IN 2023

What is your SMART Goal for 2023?

M: How often are you working toward this goal? How are you measuring your progress?

A: Is this achievable? Can you realistically make this happen? How do you know?

S: What is your clear goal?

R: Is this goal for you? Is it important to your life? How will it improve your life or how does it fit into your larger world?

T: When do you want to achieve this goal by? How will you know it's been achieved? How will you celebrate?