



My Goals Sheet

My goal is _____

The reason I want to succeed in this goal is _____

S - Specific - What specific thing about my goal do I want to achieve (Ex: I want to squat 200 pounds.)

M - Measurable - How will you measure this goal (Ex: Each week, I will squat 10 more pounds than the last week.)

A - Achievable - What things do you need to be mindful of in order to achieve this goal? (Ex: I will have to wake up earlier to hit the gym, but that is achievable.)

R - Relevant - In what ways is this goal relevant to you? (Ex: I like lower body workouts, and I feel so strong after squatting.)

T - Time-Bound- What is your timeframe? (Ex: 3 months from today, I will be able to squat 200 pounds.)

What are some mile markers along the way? (Ex: First squatting 100 pounds, then squatting 150 pounds, finally 175 pounds.)

How are you going to reward yourself for each met mile marker? _____

How are you going to reward yourself for meeting your goal? _____

Complete at least 2 of the following tasks:

1. Write down and display your goals on a sticky note on a mirror in your home
2. Save your goals as your phone or computer wallpaper
3. Tell a friend about your goal
4. Journal about your progress at least once a week
5. Create a mood board of inspiring images, notes, and quotes surrounding your goal.

Be sure to regularly reflect on this goals sheet!