

New Year, New You

Goal Setting Worksheet



Step #1: Identify Role in Life

Step #2: Perform Eulogy Exercise

Step #3: Set **SMART** Goals (**S**pecific, **M**easurable, **A**ction-Oriented, **R**ealistic, **T**imetable)

For more information, visit us at: SmallStepsApproach.com

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* This goal setting exercise was adapted from Stephen Covey's book, "The 7 Habits of Highly Effective People". For more information go to: FranklinCovey.com