



# Goal-Setting Worksheet: Setting SMART Goals



## The Big Picture

Is there one area of well-being you want to focus on right now? Use the space below to write down a goal you want to work towards achieving.

**Make it SMART** Goals are more likely to be achieved when they are SMART- specific, measurable, achievable, relevant and time-bound. Fill out the boxes below to make your goal a SMART one!

### Be Specific:

What exactly do you want to accomplish?  
What actions will help you get there?

### Measure progress:

How will you track your progress? How will you know when you achieve your goal?

### Achievable:

*What* do you need to get there (gym access, time)? How will you get those things?

### Relevant:

*Why* does this matter to you? What's your motivation for achieving this goal?

### Time-Bound:

*When* will you achieve this goal? Can you set mini-goals to provide momentum?





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**Planning for Success** Make a game plan to keep yourself on track. Be accountable to yourself throughout your journey to achieve your goal even when life gets in the way.

What obstacles or barriers could get in the way of achieving this goal? What are your concerns? How will you handle these if they happen?

What strengths or resources do you have to help you achieve this goal? How will you reinforce and reward your progress?

Who in your life can help you achieve this goal? What would you like them to do to support you? Who can hold you accountable?

## **Stay Motivated:**

Write a note of encouragement to yourself to read whenever things are feeling challenging!

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