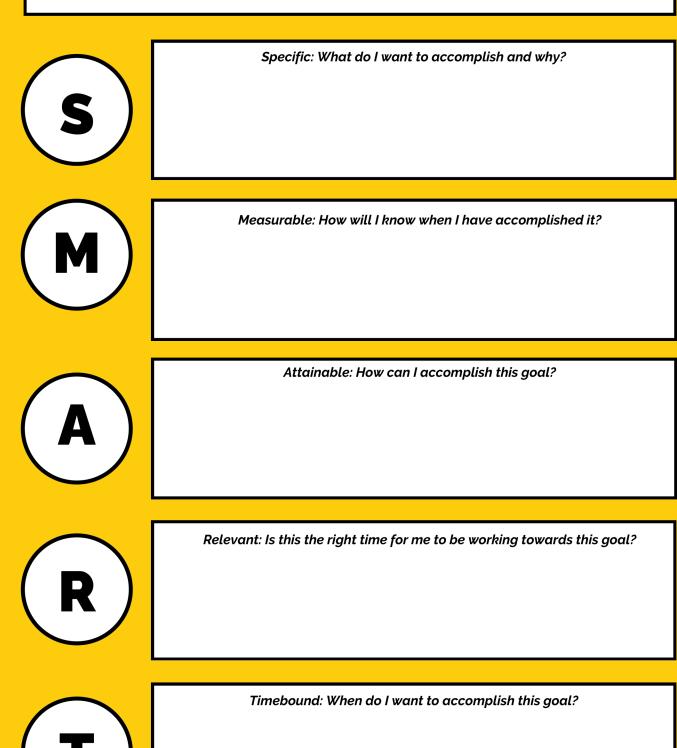
## **GOAL SETTING WORKSHEET**

**Goal setting** is a powerful tool for personal growth and achievement. The SMART criteria—Specific, Measurable, Achievable, Relevant, and Time-bound—help ensure that goals are well-defined and attainable. This brings clarity, focus, and accountability to your aspirations.





## **GOAL TRACKER**

Goal:	
Milestones/Steps to Achieve it:	
What I need	How to get what I need
Notes:	

