Goal Setting Thinksheet

Unlimited Potential Network Academy

UNLIMITED POTENTIAL

Choose a goal that you would like to achieve, and then break your goal up into smaller goals (this is called chunking). Ensure you celebrate each chunking goal accomplishment. Remember that you are on track to accomplish your BIG GOAL. Also, your "why" for your BIG goal matters; make sure that it is important to you. Your goal can be anything that you feel is important to you such as your health, school, grades, personal fitness, and wellness.

BIG GOAL

Lose 10 pounds

Goal: Managing stress/worries
- **S:** Deep breathing
- **M:** 5'belly breaths'
- **A:** When I feel stressed/worried
- **R:** 8/10
- **T:** Next week (date)

Goal: Eat healthier
- **S:** Eat more fruit
- **M:** 1 piece/day
- **A:** Buy 7 pieces of fruit/week
- **R:** 7/10
- **T:** Next week (date)

SMART GOALS ARE:

Specific
Measurable
Achievable
Relevant
Time-Bound

WHY

To become healthier and make the Varsity Soccer Team

Goal: Be more active
- **S:** Walking
- **M:** 45 minutes on Mon, Wed & Fri
- **A:** At the park, with my mom
- **R:** 8/10
- **T:** By the end of 2 weeks (date)

Goal: Sleeping well
- **S:** 'Wind down' time before bed
- **M:** 30 min before bedtime
- **A:** Do something relaxing
- **R:** 7/10
- **T:** By the end of 2 weeks (date)

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BIG GOAL

Goal: _____
S: _____
M: _____
A: _____
R: _____
T: _____

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WHY

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