

THE 7 MINUTE LIFE SMART GOAL WORKSHEET



SMART GOALS

Specific
Measurable
Achievable
Relevant
Time Bound

Define Done: Define the End Point Toward Which Effort Is Directed
Determine The 'Why' For Each Goal
What Skills and Resources Will You Need?
What Obstacles Could Keep You from Reaching Each Goal?
Download One Of The 7 Minute Life Goal Setting Worksheets
Outline The Projects and High Value Actions to Reach Each Goal

	GOAL 1	GOAL 2	GOAL 3
SPECIFIC Clarify what you want to achieve. Narrow your focus.			
MEASURABLE Determine how you will measure your progress toward reaching your goal.	Define Done	Define Done	Define Done
ACHIEVABLE Is this a realistic goal that you can achieve at this time.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Is this the right time? <input type="checkbox"/> Do you have the skills needed? <input type="checkbox"/> Do you have the resources? <input type="checkbox"/> Do you have the energy / motivation <input type="checkbox"/> What obstacles could you face?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Is this the right time? <input type="checkbox"/> Do you have the skills needed? <input type="checkbox"/> Do you have the resources? <input type="checkbox"/> Do you have the energy / motivation <input type="checkbox"/> What obstacles could you face?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Is this the right time? <input type="checkbox"/> Do you have the skills needed? <input type="checkbox"/> Do you have the resources? <input type="checkbox"/> Do you have the energy / motivation <input type="checkbox"/> What obstacles could you face?
RELEVANT Your goals should align with your priorities, purpose, and what brings you meaning in life.	Is Your Why Relevant and Resolute?	Is Your Why Relevant and Resolute?	Is Your Why Relevant and Resolute?
TIME BOUND What is the time frame? Set a start date and an end date.	Start Date _____ End Date _____	Start Date _____ End Date _____	Start Date _____ End Date _____

Determine the "Why"		
Goal 1	Goal 2	Goal 3
Why # 1	Why # 1	Why # 1
Why # 2	Why # 2	Why # 2
Why # 3	Why # 3	Why # 3
Why # 4	Why # 4	Why # 4
Why # 5	Why # 5	Why # 5

What Skills and Resources Do You Need to Reach Each Goal?		
Goal 1	Goal 2	Goal 3

What Obstacles Could Keep You from Reaching Your Goals?		
Goal 1	Goal 2	Goal 3

Download Additional Worksheets to Break Each Goal into Actionable Steps		
7 Column Plan of Action	Mind Map	5 Column Plan of Action
		