

Personal Goal Sheets

(SMART = Specific, Measurable, Achievable or Action-Oriented, Realistic, and Time Bound.)

Personal Goal One:

I want to _____

Because I _____

Action Steps:

1)

2)

3)

4)

5)

6)

Personal Goal Two:

I want to _____

Because I _____

Action Steps:

1)

2)

3)

4)

5)

6)

Personal Goal Three:

I want to _____

Because I _____

Action Steps:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

Personal Goal Four:

I want to _____

Because I _____

Action Steps:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

Work/Life Balance Strategy

SMART = **S**pecific, **M**easurable, **A**chievable or **A**ction-Oriented, **R**ealistic, and **T**ime Bound.

My Strategy is:

I want to _____

Because I _____

Action Steps:

1)

2)

3)

4)

5)

6)

Support for my goals

My support Partner is: _____

We agree to make contact every _____

We will make contact by: _____

Contact Information:

Career Goal Sheets

(SMART = Specific, Measurable, Achievable or Action-Oriented, Realistic, and Time Bound.)

Career Goal One:

I want to _____

Because I _____

Action Steps:

1)

2)

3)

4)

5)

6)

Career Goal Two:

I want to _____

Because I _____

Action Steps:

1)

2)

3)

4)

5)

6)

Career Goal Three:

I want to _____

Because I _____

Action Steps:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)

Career Goal Four:

I want to _____

Because I _____

Action Steps:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)