

Goal Tracker Worksheet

For larger Goals, break them down into smaller, actionable Steps and put them on this sheet. As you complete them, start a new worksheet.

Remember, Goals without a Plan are just Dreams!

- Each goal must...
- 1 BE SPECIFIC
 - 2 BE MEASURABLE
 - 3 HAVE A TIME LIMIT
 - 4 BE YOURS
 - 5 BE IN WRITING



| DONE | GOAL (BE SPECIFIC) | CATEGORY | ACTION PLAN | TARGET DATE |
|--------------------------|--------------------|--------------|-------------|-------------|
| <input type="checkbox"/> | | SPIRITUAL | | |
| <input type="checkbox"/> | | FINANCIAL | | |
| <input type="checkbox"/> | | SOCIAL | | |
| <input type="checkbox"/> | | PHYSICAL | | |
| <input type="checkbox"/> | | INTELLECTUAL | | |
| <input type="checkbox"/> | | CAREER | | |
| <input type="checkbox"/> | | FAMILY | | |

