

Goal-Setting Worksheet: Make Your Resolutions / Goals Stick

Use this worksheet to set meaningful goals, plan for challenges, and track your progress throughout the year. Follow the steps below to create resolutions that work for you.

Step 1: Define Your SMART Goal

Use the SMART framework to clearly define your goal.

Specific: What exactly do you want to achieve?

Example: Exercise 3 times per week.

My goal:

Measurable: How will you measure success?

Example: Track the number of workouts per week.

My measurement:

Achievable: Is this goal realistic for you? What adjustments might you need to make?

My adjustments:

Relevant: How does this goal align with your values or priorities?

My "why":

Time-bound: What is your deadline?

My deadline:

Remember, progress over perfection! Every step forward counts. You've got this!

Step 2: Connect With Your “Why”

Write down why this goal is important to you in more detail. Revisit this section when your motivation is low.

My “why”:

Step 3: Plan Your Habits

What daily or weekly habits will help you achieve this goal? Start small and build momentum.

Habits to build:

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-
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Step 4: Anticipate Setbacks

Think about potential obstacles and how you’ll overcome them. Write your action plan below.

Possible obstacles:

e.g., I’m tired to go to the gym that morning

- 1.
- 2.
- 3.
- 4.
- 5.

How will I respond to these obstacles:

e.g. go to the gym on my lunch hour instead of

- 1.
- 2.
- 3.
- 4.
- 5.

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Step 5: Stay Accountable

How will you hold yourself accountable? Consider tracking progress, sharing your goal, or checking in with someone.

My accountability plan:

Step 6: Celebrate Progress

Write down a reward you'll give yourself when you hit a milestone or achieve your goal.

e.g., book a massage after 3 week of maintaining workout plan

My reward:

Progress Tracker

Use this section to log your progress. Update it regularly to see how far you've come!

Date	Action Taken	Notes/Reflections

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