

GOALS

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THE FUTURE YOU WANT FOR YOURSELF.

CATEGORY	DESCRIPTION	YOUR FUTURE
VISION STATEMENT	Describe your ideal future scenario. Where do you see yourself in one year?	
SMART GOAL FOR PROFESSIONAL GROWTH	Write a Specific, Measurable, Achievable, Relevant, and Time-bound goal for career growth.	
SMART GOAL FOR PERSONAL GROWTH	Write a Specific, Measurable, Achievable, Relevant, and Time-bound goal for personal growth.	
MILESTONES AND ACTION STEPS - PROFESSIONAL	List specific milestones and action steps to achieve your professional goal. Include target dates.	
MILESTONES AND ACTION STEPS - PERSONAL	List specific milestones and action steps to achieve your personal goal. Include target dates.	
ACCOUNTABILITY PLAN	Who will hold you accountable? Set a date for a follow-up and describe how you'll check in.	
REFLECTON & COMMITMENT	Reflect on your motivation and commitment. Write down one immediate step you'll take today toward your goals.	

