

Going for gold

A GOAL SETTING WORKSHEET
BY REVITALED REINTEGRATION
SERVICES



ONE

Do you like where you are in your life right now? Look at your:

- **Physical self** (material items, physical health, job, finances, etc.)
- **Relational self** (friendships, relationships, close bonds, relationship with yourself, etc.)
- **Spiritual self** (belief system, moral guides, etc.)
- **Mental self** (thought life, mental health, self-esteem, etc.)
- **Emotional self** (ability to process emotions, ability to communicate healthily, etc.)

Take the space below to list the areas that you are happy with, and the areas that you want to improve in.

**I'M HAPPY
WITH THIS**

**AREA FOR
GROWTH**

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TWO

Goals don't need to be accomplished all at once. We can work towards accomplishing our goals over a period of time.

Based on your answers for Question 1, use the space below to write 2 goals. Use the prompts below to make your goals **SMART** (specific, measurable, attainable, realistic, time-bound).

GOAL #1

What do I want to accomplish?

How will I know I met this goal?

What do I need to achieve this goal?

How is this goal relevant to my overall growth?

When do I want to accomplish this by?

GOAL #2

What do I want to accomplish?

How will I know I met this goal?

What do I need to achieve this goal?

How is this goal relevant to my overall growth?

When do I want to accomplish this by?

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THREE

Distractions are all around us, and can easily keep us from being present and reaching our goals.

What are some distractions that you face on a daily basis? Write them on the left side of the box below. On the right side, list some boundaries that you can set around this distraction. Look at the example below for help.

DISTRACTION

I'm distracted by social media.

BOUNDARY

I can limit my social media time to one hour per day.