

## 2023 Goal Worksheet

		SPIRITUAL	FINANCE	CAREER	RELATIONSHIPS	SELF-CARE	SPIRITUAL
Goal 1	My Goal Is:						
	Specific: What do I want to happen?						
	Measurable: How will I know when I have achieved my goal?						
	Attainable: What do I want to happen?						
	Relevant: Why is my goal important to me?						
	Timely: What is my deadline for this goal?						
Goal 2	My Goal Is:						
	Specific: What do I want to happen?						
	Measurable: How will I know when I have achieved my goal?						
	Attainable: What do I want to happen?						
	Relevant: Why is my goal important to me?						
	Timely: What is my deadline for this goal?						
Goal 3:	My Goal Is:						
	Specific: What do I want to happen?						
	Measurable: How will I know when I have achieved my goal?						
	Attainable: What do I want to happen?						
	Relevant: Why is my goal important to me?						
	Timely: What is my deadline for this goal?						