

Name _____

Date _____

Activity - Personal Short Term Goals

Directions: **Short term goals** are goals that can be achieved in the next year. In the space below, write 2-4 short term goals that you have for yourself for the upcoming year. As you write the short term goal, list any steps that may be necessary to help you reach your short term SMART goal.

Specific Measurable Actionable Realistic Timely

Short Term Goal

#1 _____

Number	Steps to complete the goal:	Date to be completed by:
1.)		
2.)		
3.)		
4.)		
5.)		

Short Term Goal

#2 _____

Number	Steps to complete the goal:	Date to be completed by:
1.)		
2.)		
3.)		
4.)		
5.)		