**Year One Pathway: Goal Setting Sheet**

Use this sheet to help you write down your two or three goals that you are going to set yourself over the next few weeks and months. Remember to make them SMART!

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **My first goal…** | | | | |
| *Tick off each element once it’s included in your goal!* | | | | |
| **Specific** | **Measurable** | **Attainable** | **Relevant** | **Time-based** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **My second goal…** | | | | |
| *Tick off each element once it’s included in your goal!* | | | | |
| **Specific** | **Measurable** | **Attainable** | **Relevant** | **Time-based** |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **My third goal…** | | | | |
| *Tick off each element once it’s included in your goal!* | | | | |
| **Specific** | **Measurable** | **Attainable** | **Relevant** | **Time-based** |

To help you remember what is SMART, please use this useful image below:

