

# My Goals Example Sheet for Coach

Once complete move to SMART Goal Worksheet



What steps will I work on now? (Ex. Within 30 days)

What exactly?

Who/what else might be involved?

When do I want this  
step accomplished?

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-Research and gather all necessary paperwork for DMV

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-Study for the written driver's exam. (DMV)

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-Take the written portion of the driver's test. (DMV)

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-Take on road driving test. (DMV)

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Where do I need to be or need to work on in the not so far future? (Ex. Within 6 Months)

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-Request overtime at work. (Supervisor)

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-I want to have \$2000 saved up for a down payment.

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-Check banks for best interest rates on car loans.

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-Apply for a car loan.

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What is my ultimate goal? What do I need to do to be the person I am called to be? What does the '*ultimate me*' look like? Be as specific as possible. (Ex. Within 1 Year)

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-To purchase my own vehicle so that I don't have to ride the bus anymore and to become more independent.

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# My Goals Practice Sheet for Coach

Once complete move to SMART Goal Worksheet



What steps will I work on now? (Ex. Within 30 Days)

What exactly?

Who/what else might be involved?

When do I want this  
step accomplished?

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One Item from this list will become 7-day SMART Goal!

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Where do I need to be or need to work on in the not so far future? (Ex. Within 6 Months)

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What is my ultimate goal? What do I need to do to be the person I am called to be? What does the '*ultimate me*' look like? Be as specific as possible. (Ex. Within 1 Year)

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# My Goals

What steps will I work on now?

What exactly?

Who/what else might be involved?

When do I want this  
step accomplished?

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