



# Goal Getter

## New Year, New Me

### Goal Setting Worksheet

A great way to identify your goals is to identify one thing from each self-care domain.

**Physical**



**Mental**



**Emotional**



**Professional**



**Social**



**Spiritual**



**Pick your top 3 most important domains and focus on making these goals SMARTER: Specific, Measurable, Attainable, Relevant, Time-oriented, Evaluated, and Reviewed.**

**Goal #1:**

Action Steps:

- 1.
- 2.
- 3

**Review date:**

**Goal #2:**

Action Steps:

- 1.
- 2.
- 3

**Review date:**

**Goal #3:**

Action Steps:

- 1.
- 2.
- 3

**Review date:**

**My accountability partner(s) is/are: \_\_\_\_\_**