

## SMART Goals Action Plan Worksheet™

Set at least three goals that support each of the eight areas of your vision. See pages 80-83 of *Your Life by Design™*.

**Overall Health Vision:** \_\_\_\_\_

\_\_\_\_\_

**Specific SMART Goals** \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

**Compelling why:** \_\_\_\_\_

\_\_\_\_\_

**Overall Relationship Vision:** \_\_\_\_\_

\_\_\_\_\_

**Specific SMART Goals** \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

**Compelling why:** \_\_\_\_\_

\_\_\_\_\_

**Overall Financial Vision:** \_\_\_\_\_

\_\_\_\_\_

**Specific SMART Goals** \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

**Compelling why:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## SMART Goals Action Plan Worksheet™ – Page 2

**Overall Professional Vision:** \_\_\_\_\_  
\_\_\_\_\_

**Specific SMART Goals** \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

**Compelling why:** \_\_\_\_\_  
\_\_\_\_\_

**Overall Reputation Vision:** \_\_\_\_\_  
\_\_\_\_\_

**Specific SMART Goals** \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

**Compelling why:** \_\_\_\_\_  
\_\_\_\_\_

**Overall Community Contribution Vision:** \_\_\_\_\_  
\_\_\_\_\_

**Specific SMART Goals** \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

**Compelling why:** \_\_\_\_\_  
\_\_\_\_\_

**SMART Goals Action Plan Worksheet™ – Page 3**

**Overall Fun and Hobbies Vision:** \_\_\_\_\_  
\_\_\_\_\_

**Specific SMART Goals** \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

**Compelling why:** \_\_\_\_\_  
\_\_\_\_\_

**Overall Personal and Spiritual Vision:** \_\_\_\_\_  
\_\_\_\_\_

**Specific SMART Goals** \_\_\_\_\_

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

**Compelling why:** \_\_\_\_\_  
\_\_\_\_\_