



THE SAVVY FINANCE COACH

Goal Setting Worksheet

*Adapted from Fiscal Fitness Podcast: [Season 2, Episode 9](#)

My GOOD goal is: _____

Target Date: _____

Action Steps (what I will do to accomplish my goal):

- _____
- _____
- _____
- _____
- _____

Obstacles that may arise:

- _____
- _____
- _____
- _____
- _____

How I plan to respond to obstacles:

- _____
- _____
- _____
- _____
- _____

What would make this goal BETTER? _____

What is my BEST goal? _____

How will I reward myself when I reach my goal? _____

What goal will I work on next after this goal is met?

SMART Goal

- **Specific:** exactly what you want
- **Measurable:** something you can tell is done or not
- **Actionable:** something *you* can do
- **Relevant:** does it align with your big picture goals
- **Time-bound:** set a due date