**S.M.A.R.T. Goals Worksheet**

**(Specific, Measurable, Achievable, Realistic, Timely)**

My Goal:

My plan to achieve it:

How the Core Values can help me:

COURAGE:

DISCIPLINE:

INTEGRITY:

WISDOM:

COMPASSION:

HUMILITY:

COMPASSION:

HUMILITY:

OBSTACLES & SOLUTIONS

What Success Looks Like and deadline for completion: