

GOAL SETTING WORKSHEET

SMART GOALS

Specific

Measurable

Action-Oriented

Relevant

Time-Oriented

DEFINE GOALS

1	
2	
3	

BREAK EACH GOAL INTO SMALLER MEASURABLE AND ATTAINABLE STEPS

GOAL			
	STEP DESCRIPTION	TIME REQUIRED	SET DEADLINE

FURTHER PLANNING

DETAIL REQUIRED RESOURCES
DEFINE POTENTIAL OBSTACLES
PLANS FOR OVERCOMING OBSTACLES

DESIRED OUTCOME

DEFINE MEASUREMENTS FOR SUCCESS
DESCRIBE OUTCOME OF ACHIEVED GOAL

WEEKLY TIME-MANAGEMENT SCHEDULE

	SUN	MON	TUES	WED	THURS	FRI	SAT
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							
10:00 PM							
11:00 PM							
12:00 PM							
1:00 AM							
12:00 PM							
1:00 AM							



Daily Self-Care Ideas



- Go for a walk, jog or run
- Meditate for 5 minutes
- Spend time with people who make you smile and laugh
- Start journaling
- Unplug & read a book
- Watch your favorite movie
- Learn something new
- Take a long bath
- Go for a hike
- Blast some music & dance around the house
- Get a massage
- Cuddle a pet
- Make a daily list of 3 things you're grateful for
- Take your dog for a walk
- Make a coffee or a lunch date with a friend
- Learn a new hobby
- Paint your nails
- Tackle a DIY or Craft project on your Pinterest
- Declutter your house/bedroom/office
- Write down at least ten things you love about yourself
- Work on a puzzle
- Drawing
- Knit/crochet
- Plant a garden
- Make a dream board
- Coloring
- Have a picnic/BBQ with family or friends
- Get a good night's sleep
- Light a scented candle.
- Sit in the sun
- Declutter your brain with a brain dump
- Get your hair done
- Put uplifting essential oils in your diffuser and turn it on for 15 minutes
- Do an at-home face mask
- Buy yourself some flowers
- Exercise
- Say no to things that will push you past your limits
- Get your life organized with a planner or bullet journal
- Practice Yoga
- Catch up on your favorite T.V. show
- Get up early and enjoy your coffee/tea in silence.
- Plan a fun weekend
- Have a girl's night
- Listen to your favorite podcast
- Cozy up in a blanket and turn on Netflix/Hulu
- Play a game with kids
- Bake your favorite dessert
- Don't put yourself down
- Forgive others & move on
- Get rid of toxic people
- Avoid drama
- Practice mindfulness
- Find some live music to listen to
- Go to an art museum
- Check in with your emotions
- Watch a stand-up comedy
- Try a healthy new recipe
- Reflect on your accomplishments
- Volunteer for a cause you love
- Document daily reflections in a journal/planner
- Make a new bucket list
- Dress up just because
- Take yourself on a date
- Buy yourself something to help you achieve a health goal
- Find your inner child & look for shapes in the clouds



Self-Care Worksheet



FINDING BALANCE IN MY LIFE

MIND

CURRENT PRACTICE

NEW PRACTICE

BODY

CURRENT PRACTICE

NEW PRACTICE

EMOTIONS

CURRENT PRACTICE

NEW PRACTICE

SPIRIT

CURRENT PRACTICE

NEW PRACTICE