



Goal Setting Workbook

How to create powerful and effective goals, so you can live the life you want!

Little Steps, Big Happy

How to use this workbook

In this workbook, I have included 3 worksheets. You will find a Creating S.M.A.R.T. Goals Worksheet, a Daily Action Steps Worksheet, and a Creating My Goal Action Plan Worksheet.

You can type directly into each form and then print them out, or print them out first and fill them out by hand.

Below I have included some examples of the worksheets to help give you an idea of how to fill them out. Use the examples for inspiration, but don't copy them completely. Each person's health journey is unique to their body and circumstances, so their goals and action plans should look unique as well.

Now you are ready to get started!

Now you are ready to get started! You know how to create powerful and effective goals and how to use those goals to create an action plan.

You are officially ready to start working towards that healthy and fit life you have been dreaming about.

If you have any questions, email me at Candice@littlestepsbighappy.com.

Or get in touch on social media. You can find me on Pinterest, Facebook, or Instagram. (Just click one of the icons below to be taken to my profile.)



Creating S.M.A.R.T. Goals

What is the end result that I want from this experience?

S Specific: What exact action do I want to achieve?

M Measurable: How can I measure my progress?

A Achievable: Can I realistically achieve this goal?

R Relevant: Is this goal in line with my current priorities?

T Timely: What is the deadline for when my goal should be completed?

My new S.M.A.R.T. goal is:

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(Example) Creating S.M.A.R.T. Goals

What is the end result that I want from this experience?

I want to be in better shape and fit into the same clothes I wore before I had kids.

S Specific: What exact action do I want to achieve?
I want to lose weight so I weigh 140 lbs.

M Measurable: How can I measure my progress?
I will need to lose 45 lbs. I will track how much weight I lose.

A Achievable: Can I realistically achieve this goal?
This is a realistic goal for my height and weight. When I weighed 140 lbs I was at a healthy weight.

R Relevant: Is this goal in line with my current priorities?
Losing weight relates well with my goal of trying to get in shape and fit into my old clothes.

T Timely: What is the deadline for when my goal should be completed?
6 months is a healthy timeframe for me to lose 45 lbs.

My new S.M.A.R.T. goal is:

I will lose 45 lbs in 6 months so I will weigh 140 lbs.

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Daily Action Steps Worksheet

Directions: Write/type all of the actions you can take that will help you achieve your goal.

My Goal:

Actions I can take that will help me achieve my goal:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Daily Action Steps

Worksheet (Example)

Directions: Write/type all of the actions you can take that will help you achieve your goal.

My Goal:

I will lose 45 lbs in 6 months, so I can weigh 140 lbs.

Actions I can take that will help me achieve my goal:

Drink 64 oz of water

Don't eat after 9 pm

Journal my food

Plan 90% fuel food and 10% joy food

Walk at least 15 minutes

Eat 3 servings of vegetables

Create a 24 hours food plan

Eat 3 servings of fruit

Cut out soda and juice

Get 6-8 hours of sleep

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Creating My Action Plan

My Goal:

In order to reach my goal, each month I will need to:

In order to reach my monthly goal, each week I will need to:

In order to reach my weekly goal, each day I will need to:

Creating My Action Plan

(Example)

My Goal:

I will lose 45 lbs in 6 months, so I can weigh 140 lbs.

In order to reach my goal, each month I will need to:

I will need to lose 7.5 lbs each month.

In order to reach my monthly goal, each week I will need to:

I will need to lose 1.8 lbs each week.

In order to reach my weekly goal, each day I will need to:

- Drink 64 oz of water.
- Get 6-8 hours of sleep each night.
- Journal my food.

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