



December 31, 2013

Hello!

I have made a basic goal setting worksheet that you can print out and use every day of 2014 to help you focus on achieving your goals this year.

**I suggest you begin by printout out this worksheet, then writing out the really important long term goals *first*.** Then begin to break those long-term goals into shorter ones until you are doing a little something every day and every week to move you closer to your big heart's desire.

Please let me know if I can help you in reaching your Aromatherapy Goals in 2014 in the classroom or in private coaching.

You can contact me at [liz@aromaticwisdom.com](mailto:liz@aromaticwisdom.com) .

Wishing you a magnificent 2014!

In Aromatic Wisdom, Creativity and Appreciation

Liz

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# My 2014 Goal Setting Worksheet

## MY GOALS FOR THIS WEEK

Week of \_\_\_\_\_

<b>Day</b>	<b>Goal</b>
<b>Monday</b>	Priorities: 1.  2.  3.
<b>Tuesday</b>	Priorities: 1.  2.  3.
<b>Wednesday</b>	Priorities: 1.  2.  3.
<b>Thursday</b>	Priorities: 1.  2.  3.
<b>Friday</b>	Priorities: 1.  2.  3.

# My 2014 Goal Setting Worksheet

## MY GOALS FOR THIS MONTH

Month \_\_\_\_\_

SMART Criteria	Goal
<b>Specific</b> <ul style="list-style-type: none"><li>- What?</li><li>- Why?</li><li>- When?</li><li>- Where?</li></ul>	
<b>Measureable</b> <ul style="list-style-type: none"><li>- How will you measure your success?</li><li>-</li></ul>	
<b>Action-Oriented</b> <ul style="list-style-type: none"><li>- What will you do?</li><li>- Are there specific tasks to do?</li></ul>	
<b>Realistic</b> <ul style="list-style-type: none"><li>- Do you have the skill?</li><li>- Do you have the resources?</li><li>- Do you have the time?</li></ul>	
<b>Time-Based</b> <ul style="list-style-type: none"><li>- When will this be done?</li><li>- Deadlines?</li></ul>	

## My Long Term Goal Setting Worksheet

### MY LONG-TERM GOALS (5-10 years)

<b>SMART Criteria</b>	<b>Goal</b>
<b>Specific</b> <ul style="list-style-type: none"><li>- What?</li><li>- Why?</li><li>- When?</li><li>- Where?</li></ul>	
<b>Measurable</b> <ul style="list-style-type: none"><li>- How will you measure your success?</li></ul>	
<b>Action-Oriented</b> <ul style="list-style-type: none"><li>- What will you do?</li><li>- Are there specific tasks to do?</li></ul>	
<b>Realistic</b> <ul style="list-style-type: none"><li>- Do you have the skill?</li><li>- Do you have the resources?</li><li>- Do you have the time?</li></ul>	
<b>Time-Based</b> <ul style="list-style-type: none"><li>- When will this be done?</li><li>- Deadlines?</li></ul>	