

The Toolkit to Surviving Adulthood Goal Setting worksheet:



Name: _____

Date: _____

1. Identify Your Core Values

List 3–5 values that are most important to you. These will help guide your goals.

Value 1: _____

Value 2: _____

Value 3: _____

Value 4: _____

Value 5: _____

2. Reflection: Where Am I Now?

Think about your current situation in relation to your personal development and growth.

What are my strengths?

1. _____

2. _____

3. _____

What are my challenges or areas for improvement?

1. _____

2. _____

3. _____

3. Define Your Goals

Set your goals using the SMART (Specific, Measurable, Achievable, Relevant, Time-bound) framework.

Goal: Improve physical fitness by running a 5K.

- **Specific:** I want to increase my physical fitness by running a 5K race.
- **Measurable:** I will track my progress by running 3 times per week and gradually increasing my distance until I can run 5 kilometers without stopping.
- **Achievable:** I will follow a 10-week training plan designed for beginners, gradually building my stamina and endurance.
- **Relevant:** This goal aligns with my desire to maintain a healthier lifestyle and improve my cardiovascular health.
- **Time-bound:** I will complete my goal by participating in a 5K race on December 15, 2024.

Goal 1:

Specific: _____

Measurable: _____

Achievable: _____

Relevant: _____

Time-bound: _____

Goal 1:

Specific: _____

Measurable: _____

Achievable: _____

Relevant: _____

Time-bound: _____

4. Action Plan: Steps to Achieve Your Goals

Break down each goal into actionable steps. Include deadlines or milestones where possible.

Goal 1 Action Steps:

1. _____ (By when: _____)

2. _____ (By when: _____)

3. _____ (By when: _____)

Goal 2 Action Steps:

1. _____ (By when: _____)

2. _____ (By when: _____)

3. _____ (By when: _____)

5. Resources & Support

What resources, people, or tools will help you achieve your goals?

Books/Podcasts/Online Courses: _____

Mentors or Support System: _____

Tools (apps, software, etc.): _____

6. Accountability

Who can help you stay accountable?

Accountability Partner: _____

Review Date 1: _____

Review Date 2: _____

7. Reflection and Adjustments

Set a date to reflect on your progress and make any necessary adjustments.

Reflection Date: _____

What worked? _____

What didn't work? _____

What adjustments can I make to stay on track? _____