

# Goals Worksheet

What's one of our/my major goal(s) this year? (think big-picture)

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Overall goal, i.e "grow more food"

Now narrow it down:

*Specific:*

What exactly do you want to achieve?

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Who, What, When and Where. Be specific i.e. "I will expand the garden beds by 10'x10' by April".

*Measurable:*

How will you measure your progress?

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How will you know you reached this goal or are making progress toward it?

*Acievable:*

Can you realistically attain this goal this year?

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Break your goal down into small, realistic, specific steps. i.e. "I will mark out the expansion by February, rent a tiller by March and dig the ground, add compost in April"...etc

*Relevant:*

How does this goal relate to YOU and your overall goals?

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Does this goal align with our overall goals? Am I passionate about it?

*Time-Sensitive:*

Give yourself a realistic time-frame to complete all the steps for this goal.

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Next make a list of the steps needed to achieve this goal, broken down with deadlines.

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