



## Shift to Riches GOAL SETTING TEMPLATE

**Your RICHplan™: Name:** \_\_\_\_\_ **Time Period** \_\_\_\_\_ **Date:** \_\_\_\_\_

Define your personal and professional goals using the **SMART Method** for focus, clarity, and motivation toward achieving your goals!

- 🔥 **Specific** – consider what, where, when, how, why of your business, career, financial, spiritual, health/fitness, relationships goal
- 🔥 **Measurable** – a goal requires a ways of measuring success, i.e. salary raise \$, savings \$, lbs/body fat, title, type of relationship, etc.
- 🔥 **Actions** – every goal requires action which become your To Do's, priorities and focus.
- 🔥 **Realistic** – prevent setting yourself up for immediate failure – be sure the goal you seek is realistic to achieve...i.e. can you become a VP if you are not currently in a leadership role, can you earn \$XXXXX if you only make \$XXXX? What actions will you take to ensure achievement vs. disappointment.
- 🔥 **Timeline** – the date(s) you will achieve your overall goal(s) as well as the tasks and To Do's you need to do along the way.

Specifics	Measures	Actions	Realistic (Y/N)	Timeline (by When)