

Ultimate Goals Example Sheet for Coach

Once complete move to SMART Goal Worksheet



What steps will I work on now? (Ex. Within 30 days)

What exactly?

Who/what else might be involved?

When do I want this step accomplished?

-Research and gather all necessary paperwork for DMV

-Study for the written driver's exam. (DMV)

-Take the written portion of the driver's test. (DMV)

-Take on road driving test. (DMV)



Where do I need to be or need to work on in the not so far future? (Ex. Within 6 Months)

-Request overtime at work. (Supervisor)

-I want to have \$2000 saved up for a down payment.

-Check banks for best interest rates on car loans.

-Apply for a car loan.



What is my ultimate goal? What do I need to do to be the person I am called to be? What does the '*ultimate me*' look like? Be as specific as possible. (Ex. Within 1 Year)

-To purchase my own vehicle so that I don't have to ride the bus anymore and to become more independent.

Ultimate Goals Practice Sheet for Coach

Once complete move to SMART Goal Worksheet

 **FINISH HERE** 

What steps will I work on now? (Ex. Within 30 Days)

What exactly?

Who/what else might be involved?

When do I want this step accomplished?

One Item from this list will become 7-day SMART Goal!

 **THEN HERE** 

Where do I need to be or need to work on in the not so far future? (Ex. Within 6 Months)

 **START HERE** 

What is my ultimate goal? What do I need to do to be the person I am called to be? What does the *'ultimate me'* look like? Be as specific as possible. (Ex. Within 1 Year)

Ultimate Goals Sheet

What steps will I work on now?

What exactly?

Who/what else might be involved?

When do I want this step accomplished?

Where do I need to be or need to work on in the not so far future?

What is my ultimate goal? What do I need to do to be the person I am called to be? What does the *'ultimate me'* look like? Be as specific as possible.
