

Adulthood Like a Boss

2021 Goals Worksheet

*Remember, make sure your goals are **SMART** goals.*
Specific, **M**easurable, **A**chievable, **R**elevant and **T**ime-bound.

Educational/Intellectual 1. _____ 2. _____ 3. _____	Family/Relationships/Social 1. _____ 2. _____ 3. _____
Financial 1. _____ 2. _____ 3. _____	Health/Physical 1. _____ 2. _____ 3. _____
Humanitarian/Volunteering/Giving 1. _____ 2. _____ 3. _____	Spiritual 1. _____ 2. _____ 3. _____
Vocational 1. _____ 2. _____ 3. _____	Other 1. _____ 2. _____ 3. _____

For the article explaining how to complete this form, go to:
<http://www.adulthoodlikeaboss.net/2018/12/29/new-years-resolutions>