



# Client Goal Worksheet

## How to Use this worksheet:

Complete the first two columns including **when** and **why**. We will discuss the **how** on our call

## Choose S.M.A.R.T. Goals

Specific. Measurable. Achievable, Relevant Time-Sensitive

What is my Goal

When Do I want to  
achieve this goal

Why is this goal Important  
now

How can I achieve this  
goal