**Goal Setting Sheet**

**Collaborative Unit**

**Balance 2010**

**Task:** you need to complete both your Long Term Goal and then complete a Short Term Goal for Phase 1 (week 4). You will also need to revisit this document to complete your Short Term Goal for Phase 2 (week 7) and for Phase 3 (week 10)

**My LONG TERM goal for this Cornerstone Piece is-**

Finish it!

Specific: Finish it!

**This goal fulfils the SMART criteria by being**

Measurable: Finish it!

Achievable: Finish it!

Realistic: Finish it!

Time-bound: Finish it!

**SHORT TERM GOAL: Phase 1 (week 4)**

Goal: Start it!

Specific: Start it!

Measurable: Start it!

Realistic: Start it!

Time-bound: Start it!

Achievable: Start it!



**SHORT TERM GOAL – Phase 2 (week 7)**

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Specific: catch up on sleep because of production and then do a bit of collaborative work when I can’t get to sleep!

Achievable: catch up on sleep because of production and then do a bit of collaborative work when I can’t get to sleep!

Measurable: catch up on sleep because of production and then do a bit of collaborative work when I can’t get to sleep!

Realistic: catch up on sleep because of production and then do a bit of collaborative work when I can’t get to sleep!

Time-bound: catch up on sleep because of production and then do a bit of collaborative work when I can’t get to sleep!

Goal: catch up on sleep because of production and then do a bit of collaborative work when I can’t get to sleep!

**SHORT TERM GOAL- Phase 3 (week 10)**



Specific: Work on it!

Achievable: Work on it!

Measurable: Work on it!

Realistic: Work on it!

Time-bound: Work on it!

Goal: Work on it!