

PPF GOAL FORM

INSERT NAME:

DATE:

List your **PERSONAL** goals:

1 YEAR	
3 YEARS	
5 YEARS	

List your **PROFESSIONAL** goals:

1 YEAR	
3 YEARS	
5 YEARS	

List your **FINANCIAL** goals:

1 YEAR

3 YEARS

5 YEARS

HOW TO GET THERE | SETTING SMART GOALS

REMEMBER what the SMART format looks like:

SPECIFIC	State specifically what is going to be changed or accomplished, the amount of change needed, and the quality of the result.
MEASURABLE	How will you measure your results? Make achievement of success clear and unambiguous.
ATTAINABLE	Research shows that the best goals are challenging but can be achieved through planning and persistence. They stretch us and force us to grow and improve.
RELEVANT	You should know why this goal is important to achieve. What will achieving your goals do to enrich your life and the lives of others?
TIMELY	Clearly specify a start date, due date, and the milestones that will help you track progress, allow you to celebrate, or make the larger project more manageable.

PERSONAL 1-year goal:

GOAL	
SPECIFIC	
MEASURABLE	
ATTAINABLE	
RELEVANT	
TIMELY	

PERSONAL 3-year goal:

GOAL	
SPECIFIC	
MEASURABLE	
ATTAINABLE	
RELEVANT	
TIMELY	

PERSONAL 5-year goal:

GOAL	
SPECIFIC	
MEASURABLE	
ATTAINABLE	
RELEVANT	
TIMELY	

PROFESSIONAL 1-year goal:

GOAL	
SPECIFIC	
MEASURABLE	
ATTAINABLE	
RELEVANT	
TIMELY	

PROFESSIONAL 3-year goal:

GOAL	
SPECIFIC	
MEASURABLE	
ATTAINABLE	
RELEVANT	
TIMELY	

PROFESSIONAL 5-year goal:

GOAL	
SPECIFIC	
MEASURABLE	
ATTAINABLE	
RELEVANT	
TIMELY	

FINANCIAL 1-year goal:

GOAL	
SPECIFIC	
MEASURABLE	
ATTAINABLE	
RELEVANT	
TIMELY	

FINANCIAL 3-year goal:

GOAL	
SPECIFIC	
MEASURABLE	
ATTAINABLE	
RELEVANT	
TIMELY	

FINANCIAL 5-year goal:

GOAL

SPECIFIC

MEASURABLE

ATTAINABLE

RELEVANT

TIMELY