What's your goal?

Royal Bank of Scotland

Use this template to help you get started on your goal(s) in five easy steps. Refer to our guide '5 tips to help you get started with your goals' to help you.

1 Write down your 'big' overall goal. Don't worry too much about perfecting it right now. For example: 'I want to be better with money' or 'I want to be fitter'.

Visualise what your life will be like once you achieve your goal. How will you feel? What will you do differently?

2 Break this big goal down into smaller mini goals.

3 Make your goals SMART (specific, measurable, actionable/achievable/ambitious, realistic, time-based). The template below will help you with **2.** and **3.**

Mini goal 1

What's your 'mini' goal?

When will you achieve it by?

How and when will you measure your progress? What are your milestones to hit along the way?

What activities are you going to do and when?

What things might knock you off track and how do you plan to overcome them?

Mini goal 2

What's your 'mini' goal?

When will you achieve it by?

How and when will you measure your progress? What are your milestones to hit along the way?

What activities are you going to do and when?

What things might knock you off track and how do you plan to overcome them?

Mini goal 3

What's your 'mini' goal?

When will you achieve it by?

How and when will you measure your progress? What are your milestones to hit along the way?

What activities are you going to do and when?

What things might knock you off track and how do you plan to overcome them?

4 Get planning. Plot your activities into your diary, phone, calendar. Create space in your life. Use the space below to write any notes or reminders to help you.

5 Think about how you'll stay accountable.
   Write down below who can help you, any apps you can use and how you'll celebrate.

Save this worksheet or print it and keep it somewhere for you to find easily when you need an extra boost.

You can update it with any tweaks as you go along.

Stay focussed – you've got this!