

# The "I don't need New Year's" goal reflection worksheet

@thesassiestsam X @smartveghead

Use this worksheet to set goals any day. Begin by reflecting on what's important to you. Simplify your life little-by-little to prioritize what you want.

Four or more activities that are most important to you...

(eg. spending time with friends, creating art, feeding my family nutritious food)

---

---

---

---

---

---

---

Four or more S.M.A.R.T. goals that overlap with the activities that are most important...

(eg. set aside \$30/mo to go out to eat with friends, paint for 2 hours every Saturday morning, cook 1 smartveghead recipe per week)

---

---

---

---

---

---

---

If you could only pick one of those goals to start with, which one would it be?

---

Move on to the next page to further outline one of your goals. Even S.M.A.R.T. goals deserve to be broken down into mini wins!



Smart  
Veg Head

If you listened to my podcast (ep. 2 of *Learning and Unlearning*), you heard that S.M.A.R.T. stands for Specific, Measurable, Attainable, Relevant, and Time-bound.

Break down your S.M.A.R.T. goal here by writing 4 smaller steps. The example will use the goal of setting aside \$30/mo to go out to eat with friends.

Week one: Evaluate my budget. Write down how and where I will save 7.50 per week to attain my goal.

---

---

---

---

---

---

---

---

---

---

Week two: Begin saving money by following my week one plan. Maybe this week aligns with receiving a paycheck.

---

---

---

---

---

---

---

---

---

---

Week three: Make sure I'm saving money as planned. Fix any excess spending or start over without guilt.

---

---

---

---

---

---

---

---

---

---

Week four: Evaluate if my goal is working. Make plans to go out with friends.

---

---

---

---

---

---

---

---

---

---

Add a reminder in your phone to review this worksheet in three months.

Reevaluate your goals. Make changes.

If you started with one goal, you're ready to add on the next one.

Much love, Sam Holmberg

