LGT version 3.2
Life psychological Goal setting Tool
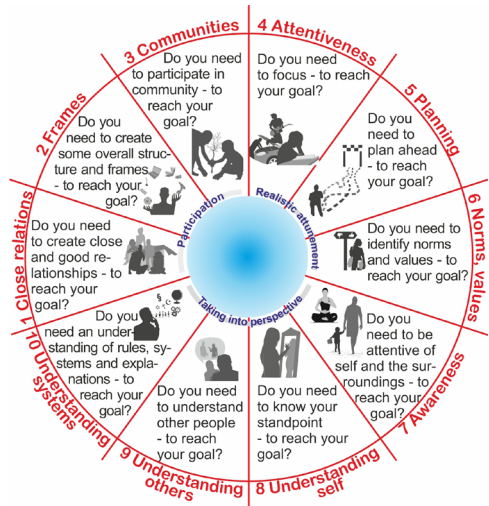
1: Set a goal

Which challenge would you like to work on?

Which goal may help you in this work?

S.M.A.R.T.GOAL?

- ☐ **S**pecific ?
- ☐ **M**easurable ?
- ☐ **A**ttuned?
- ☐ **R**ealistic ?
- ☐ **T**imed

2: Choose a focus on your goal

A.	B.	C.
A: How is this skill allready working well?	**B:** How is this skill already working well?	**C:** How is this skill already working well?
A: How can you improve this skill?	**B:** How can you improve this skill?	**C:** How can you improve this skill?

3: The next step towards your goal

Next step towards the goal using this focus?	Next step towards the goal using this focus?	Next steo towards the goal using this focus?
You will take the next step at this point in time: ...and/or when you experience the following:	You will take the next step At this point in time: ...and/or when you exprience the following:	You will take the next step at this point in time: ...and/or when you experience the following:

IS YOUR NEXT STEP MOTIVATING?

yes	maybe	no	
☐	☐	☐	Do you *want* to?
☐	☐	☐	Are you *capable* of?
☐	☐	☐	External *possibilities*?
☐	☐	☐	Are you being *met*?
☐	☐	☐	Do you *act*?

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Name:_____

Date: _____