

## Aspirations Worksheet – Goals for your Future

### One Year

What do you want to achieve by the end of this year?

---

---

What do you need to do to make this happen?

---

---

Write a SMART goal based on what you want to achieve by the end of this year:

---

---

What are you currently doing to help achieve this?

---

---

What can you do to help achieve this?

---

---

### Five Years

Where do you want to be in five years time?

---

---

What do you need to do to achieve this?

---

---

Write a SMART goal based on where you want to be in five years time:

---

---

Is there anything you could be doing now to help achieve this?

---

---

*\*NOTE\**

***SMART** goals are **Specific, Measurable, Achievable, Relevant and Time-Limited***