

## Lesson 2 Worksheet: Breaking Down SMART Goals

**Theme Scripture:** *“For which of you, desiring to build a tower, does not first sit down and count the cost?”* — Luke 14:28

### Section 1: Chunking Goals

- SMART Goal: \_\_\_\_\_
- Weekly Tasks: Week 1: \_\_\_\_\_ Week 2:  
\_\_\_\_\_ Week 3: \_\_\_\_\_ Week 4:  
\_\_\_\_\_
- Daily Actions: \_\_\_\_\_

### Section 2: Dependencies & Milestones

- Task List:
  - 1.
  - 2.
  - 3.
- Dependencies: \_\_\_\_\_
- Milestone: \_\_\_\_\_

### Section 3: Time-Blocking & Habit Stacking

- Time Block (hours/days): \_\_\_\_\_
- Existing Habit: \_\_\_\_\_
- New Habit Stacked: \_\_\_\_\_
- Reflection: \_\_\_\_\_