

MANIFEST

Your

BREAKTHROUGH

A VISIONARY GUIDE TO GRACE,
ABUNDANCE & FAVOR



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Manifest Your Breakthrough

A Visionary Guide to Grace, Abundance, and Favor

SMART Goal Worksheet

Setting SMART goals ensures that your objectives are clear, actionable, and aligned with your purpose. Use this worksheet to define and track your goals step by step. Begin by listing 10 goals you'd love to accomplish, then select the one goal that will have the most significant positive impact on your life.

Step 1: Write Down Your 10 Goals

List 10 things you'd love to accomplish in the next season of your life. These can include personal, financial, career, or health-related goals. Choose one goal that resonates most with your vision.

- 1: _____
- 2: _____
- 3: _____
- 4: _____
- 5: _____
- 6: _____
- 7: _____
- 8: _____
- 9: _____
- 10: _____

Step 2: Choose Your Priority Goal

Review the 10 goals you've written. Ask yourself: 'If I could only achieve one of these goals in the next year, which would have the most significant positive impact on my life?' Circle or highlight this goal.

Step 3: Define Your SMART Goal

Specific:

What exactly do you want to achieve? Be detailed.

Notes: _____

Measurable:

How will you measure progress and know you've succeeded?

Notes: _____

Achievable:

Is this goal realistic? What resources or support do you need?

Notes: _____

Relevant:

Does this goal align with your values and long-term vision?

Notes: _____

Time-Bound:

What is the deadline? What milestones will you set?

Notes: _____

Example SMART Goal

Specific: I want to run a 5K.

Measurable: I will track my progress by running three times a week, increasing my distance each time.

Achievable: I will follow a beginner's running plan to prepare over the next 12 weeks.

Relevant: Running aligns with my goal of improving my physical health.

Time-Bound: I will complete the 5K by August 30.