

LET'S SET A SMART GOAL!

i WANT TO:

SPECIFIC

What exactly do you want to accomplish?

MEASURABLE

How will you track your progress?

ATTAINABLE

What is a realistic plan accomplish this goal?

RELEVANT

Why is this goal important to me?

TIMELY

When do I want to accomplish this goal?

if i NEED MOTIVATION
OR SUPPORT i CAN:



i CRUSHED THIS GOAL ON: _____