

Goal Setting

WHAT ARE SMART GOALS AND ARE YOUR GOALS SMART ?

SMART GOALS

S

SPECIFIC

What do you want to do?

M

MEASURABLE

How will you track your progress?

A

ATTAINABLE

How will you do it?

R

RELEVANT

Is this relevant to your life right now?

T

TIMELY

When do you want to do it?

GOAL 1

GOAL 2

GOAL 3

GOAL 1:

DETAILS:

DEADLINE:

Break down your goal into 3 simple targets:

Target 1

[Empty box for Target 1 details]

Target 2

[Empty box for Target 2 details]

Target 3

[Empty box for Target 3 details]

Action Steps:

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Action Steps:

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Action Steps:

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COMPLETED

COMPLETED

COMPLETED

GOAL 2:

DETAILS:



DEADLINE: _____

Break down your goal into 3 simple targets:

Target 1

Target 2

Target 3



Action Steps:

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- _____
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- _____
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- _____



Action Steps:

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- _____
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- _____
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- _____
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- _____



Action Steps:

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- _____
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- _____
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- _____
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- _____



COMPELTED



COMPELTED



COMPELTED

GOAL 3:

DETAILS:



DEADLINE:

Break down your goal into 3 simple targets:

Target 1

Target 2

Target 3



Action Steps:

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Action Steps:

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Action Steps:

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