

# SMART

# GOALS

## LIST ALL OF YOUR GOALS ON THE BACK

Pick a goal that will have the greatest positive impact on your life:

## NOW LETS TURN THAT GOAL INTO A SMART GOAL!

**S**

Specific

What exactly do you want to achieve?

**M**

Measurable

How will you track your progress?

**A**

Achievable

What steps can you take to reach your goal?

1.

2.

3.

**R**

Relevant

Why is this goal important to you?

**T**

Timely

Set a deadline: When will you reach your goal?

