

SMART *goals*

S	SPECIFIC
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M	MEASUREABLE
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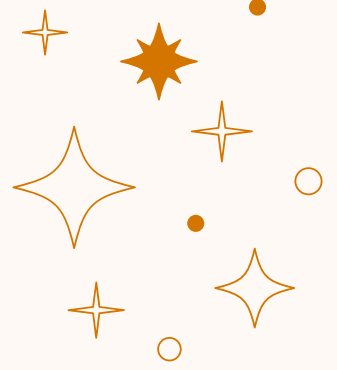
A	ATTAINABLE
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R	RELEVANT
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T	TIME-BASED
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# MY GOALS

## List



DATE:

GOAL 1

GOAL 2

GOAL 3

GOAL 4

GOAL 5

GOAL 6





ACTIONS I NEED TO TAKE





NOTES


# GOAL ACTION *plan*

 <b>GOAL</b>	<b>WHY</b>	<b>MOTIVATION</b> 
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<b>START DATE</b>	<b>DEADLINE</b>	<b>REWARD</b>
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 <b>OBSTACLES TO OVERCOME</b>
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<b>RESOURCES</b> 
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 <b>BIG STEPS</b>
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_____

<b>LITTLE STEPS</b>
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_____
_____
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_____
_____
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<b>NOTES</b> 
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# GOAL Tracker

MAIN GOAL

ACTION STEPS

1

\_\_\_\_\_

2

\_\_\_\_\_

3

\_\_\_\_\_



4

\_\_\_\_\_

5

\_\_\_\_\_

6

\_\_\_\_\_



GOAL 2

ACTION STEPS

1

\_\_\_\_\_

2

\_\_\_\_\_

3

\_\_\_\_\_



4

\_\_\_\_\_

5

\_\_\_\_\_

6

\_\_\_\_\_

GOAL 3

ACTION STEPS

1

\_\_\_\_\_

2

\_\_\_\_\_

3

\_\_\_\_\_



4

\_\_\_\_\_

5

\_\_\_\_\_

6

\_\_\_\_\_



# GOAL Tracker

GOAL 4

ACTION STEPS

1

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2

\_\_\_\_\_

3

\_\_\_\_\_



4

\_\_\_\_\_

5

\_\_\_\_\_

6

\_\_\_\_\_



GOAL 5

ACTION STEPS

1

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2

\_\_\_\_\_

3

\_\_\_\_\_



4

\_\_\_\_\_

5

\_\_\_\_\_

6

\_\_\_\_\_

GOAL 6

ACTION STEPS

1

\_\_\_\_\_

2

\_\_\_\_\_

3

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4

\_\_\_\_\_

5

\_\_\_\_\_

6

\_\_\_\_\_





MY  
*notes*



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