

SMART GOAL JOURNAL WITH NOTES

FUELING YOUR PASSION

THE ART OF STAYING MOTIVATED



MOTIVATIONAL

MINDSET

HEIDI COX

2023

SMART GOALS

SMART GOALS - SIMPLE - TIME SAVING - EFFECTIVE

Example

S	<u>SPECIFIC</u> WHAT DO I WANT TO ACCOMPLISH?	I am going to create A post on Instagram daily to promote my business
M	<u>MEASURABLE</u> HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?	My monthly sales will increase by 20%.
A	<u>ACHIEVABLE</u> HOW CAN THE GOAL BE ACCOMPLISHED?	I am good at creating social media posts and see great results when I am active on Instagram.
R	<u>RELEVANT</u> DOES THIS SEEM WORTHWHILE?	I want to be a top seller, generate more income, and decrease my financial stress.
T	<u>TIME BOUND</u> WHEN CAN I ACCOMPLISH THIS GOAL?	I want to be a top seller and have more financial freedom within 6 months.

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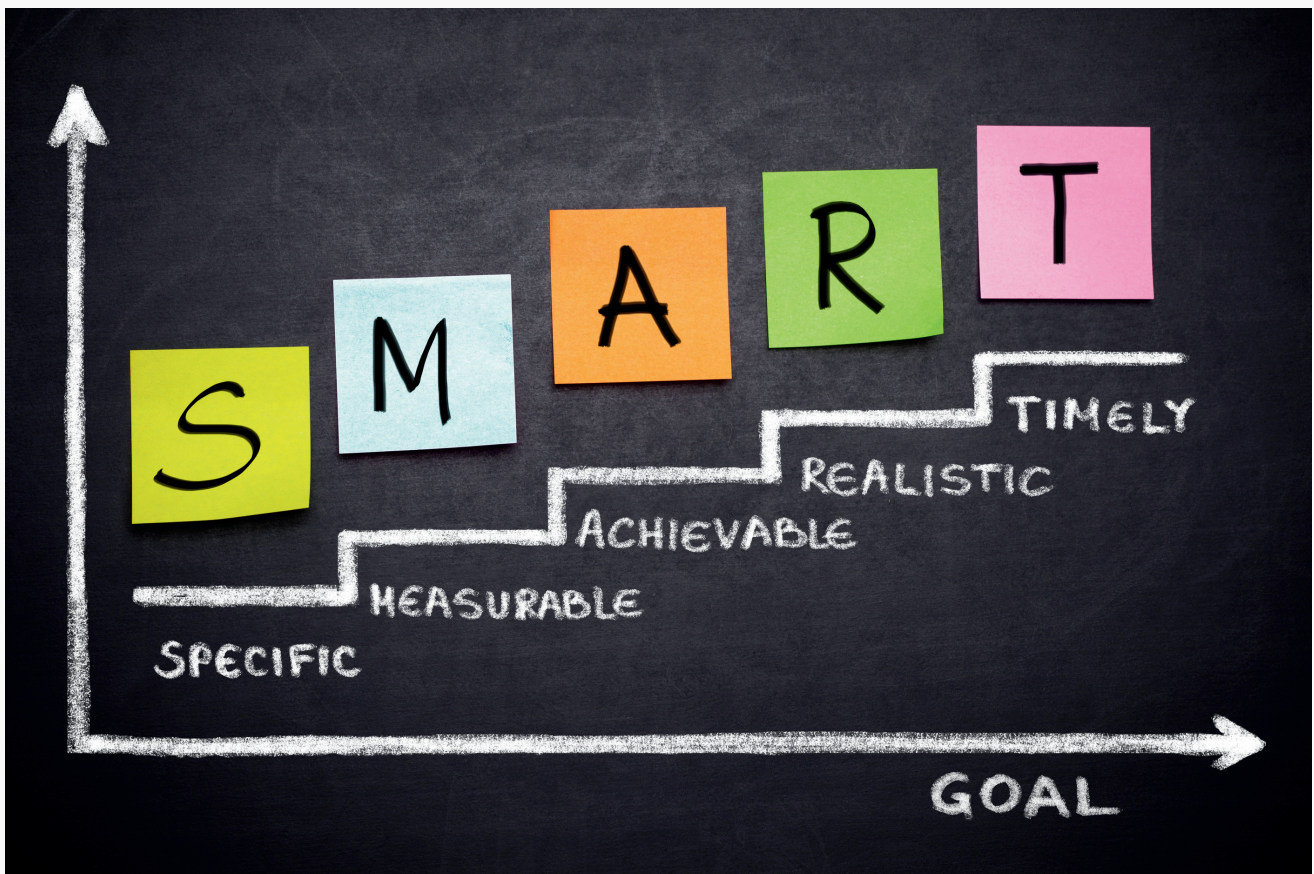
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Notes Section

The note section is formatted to be used with your SMART goals.

Refer back to your SMART goals to link the activities in your notes with your goals.



Notes

Online Course - Mentor - Volunteering

Goal Reference:

URL:

Email:

QUESTIONS

DETAILS

MOTIVATION

SUMMARY

Notes

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Goal Reference:

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