

SMART GOALS

TO BECOME

MORE CONFIDENT

and achieve more in life!

1. I will read 4 motivational books in the next 12 months to teach myself confidence.

2. I WILL SET ONE SMALL GOAL TO ACHIEVE EACH WEEK THIS YEAR & CELEBRATE MY SUCCESSES.



3. I will get up, dress for success, and take care of my personal hygiene every single day this year.

4. I WILL ACCOMPLISH ONE BIG GOAL THIS YEAR THAT I HAVE BEEN PUTTING OFF.

5. I will write down 5 to 10 of my best attributes on a piece of paper each week.

6. I will work out every day for 30 minutes to build confidence in my body.



7. I WILL LEARN 2 NEW SKILLS THIS YEAR TO BOOST MY SELF-CONFIDENCE.

8. I will work on getting promoted to another level in my career to have more financial freedom.

9. I WILL LISTEN TO MUSIC THAT CAN UPLIFT MY MOOD.

10. I will limit my communications with people who tend to bring me down instead of lifting me up.

