



EXAMPLES OF LONG-TERM SMART GOALS

1) IN 12 MONTHS, I WILL READ 12 BOOKS FOR SELF-IMPROVEMENT.

2) I WILL GIVE MYSELF 2 YEARS TO START AND COMPLETE A MASTER'S DEGREE PROGRAM.

3) IN THE NEXT 18 MONTHS, I WILL LOSE 50 POUNDS.

4) I WILL GET A JOB THAT IS WITHIN 10 MILES OF MY HOME AND PAYS ME 10% MORE THAN WHAT I AM EARNING NOW IN THE NEXT 2 YEARS.

5) I WILL SAVE \$9,000 IN THE NEXT 18 MONTHS TO BE ABLE TO CHANGE MY FLOORS IN MY HOME.

6) I WILL DONATE 1 DAY EACH MONTH TO VOLUNTEERING AT A LOCAL NON-PROFIT ORGANIZATION TO GIVE BACK TO MY COMMUNITY FOR THE NEXT 2 YEARS.

7) I WILL TEXT, CALL, OR EMAIL AT LEAST 1 OF MY CONTACTS EVERY WEEK TO LET THEM KNOW I CARE ABOUT THEM AND CHECK-IN BETWEEN NOW AND 5 YEARS FROM NOW.

8) I WILL TRAVEL TO CHINA WITHIN THE NEXT 3 YEARS FOR A 7-DAY TRIP.

9) I WILL ATTEND 1 WORK-RELATED CONFERENCE BETWEEN NOW AND 24 MONTHS FROM NOW.

10) I WILL BE ABLE TO KNIT SCARVES ALL ON MY OWN USING 2 OR MORE COLORS IN THE NEXT 15 MONTHS.

