

SMART GOALS

When setting goals, make sure it follows the SMART structure.
Use the questions below to create your goals.

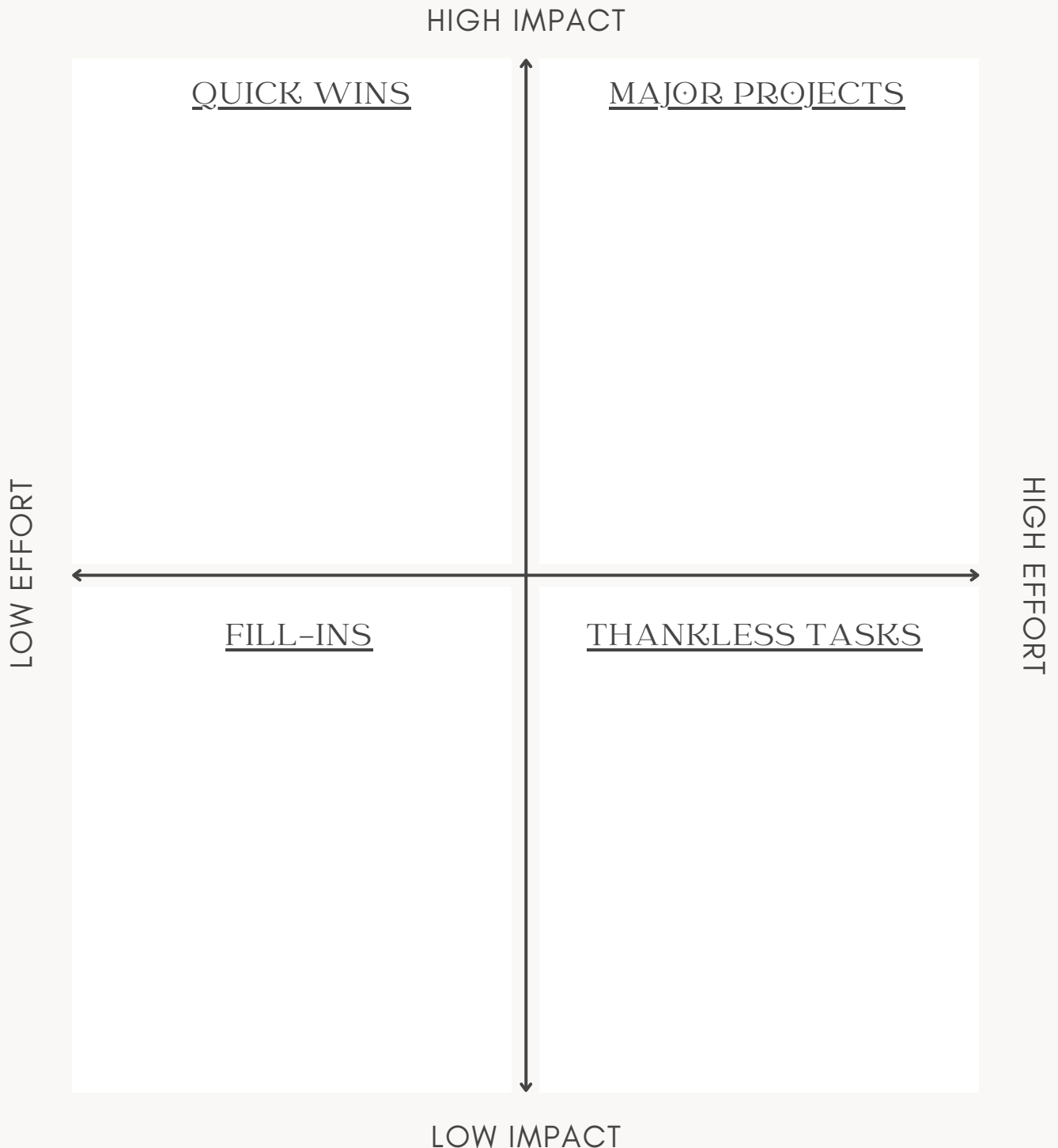
S	<u>SPECIFIC</u> What do I want to accomplish?	
M	<u>MEASURABLE</u> How will I know when it is accomplished?	
A	<u>ACHIEVABLE</u> How can the goal be accomplished?	
R	<u>RELEVANT</u> Does this seem worthwhile?	
T	<u>TIME BOUND</u> When can I accomplish this goal?	



ACTION PRIORITY

MATRIX

The action priority matrix is a great way to write down and see what tasks take priority over others, and how to best allocate your time towards them.



DAILY PLANNER

DATE: / /

MOST IMPORTANT TASK

WATER INTAKE



MOOD TRACKER



MEALS & SNACKS

BREAK
FAST

LUNCH

DINNER

SNACK

✓ TODAY'S TASKS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

APPOINTMENTS

REMINDERS & NOTES

FILLABLE

CHECKLIST

Fill in the checklist spaces below with self-care activities that you can do in the morning and at night.

MORNING SELF-CARE

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

NIGHT SELF-CARE

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	
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