



SET UP YOUR GOALS:

S.M.A.R.T. GOALS GUIDE

NAME:

GOAL:

DATE:

BENEFIT:

S: SPECIFIC

WHAT IS IT THAT YOU WANT TO ACHIEVE?

M: MEASUREABLE

HOW WILL YOU MEASURE YOUR STEPS?

A: ACHIEVABLE

WHAT SKILL SETS DO YOU HAVE TO ACHIEVE THIS GOAL?

R: REASONABLE

WHEN IS THE BEST TIME TO BEGIN THIS GOAL?

T: TIMELY

HOW LONG WILL IT TAKE YOU TO COMPLETE THIS GOAL?

REMEMBER: I AM ROOTING FOR YOU!