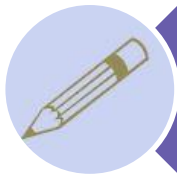


# Goal Setting



1. Decide What You Want



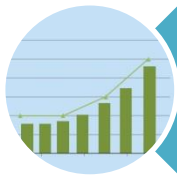
2. Write SMART Goals



3. Make a Plan



4. Create Rewards



5. Track Progress



Name \_\_\_\_\_

Date \_\_\_\_\_

My SPECIFIC goal

What: \_\_\_\_\_

Who: \_\_\_\_\_

Why: \_\_\_\_\_

How: \_\_\_\_\_



My goal is MEASURABLE. I know it is accomplished when

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



My goal is ATTAINABLE. I know it is possible to reach it because

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



My goal is REALISTIC. I am willing to develop these skills and attitudes to reach it:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



My goal is TIME-BOUND. I will accomplish it by this date:

\_\_\_\_\_