My goal:

S - specific (What exactly do I want to accomplish?)
M - measurable (How will I know when my goal is met?)
A - achievable (Is this a realistic goal that I can reach?)
R - relevant (How will meeting this goal help me?)
T - timely (When will I accomplish this goal?)

My target date to reach my goal:

This goal is important to me because:

Who are the people, places or resources that can help me reach my goal?

What do I need to start doing, do differently, or keep doing to achieve my goal?

Action step #1:
Action step #2:
Action step #3:

I’ll know I’ve reached my goal because:

Name:

This goal is important to me because:

My goal:

I’ll know I’ve reached my goal because: