

**GOAL:** \_\_\_\_\_



**Specific**

What exactly do I want to accomplish?

**Measurable**

How will I track my progress, & how will I know when I've accomplished it?

**Attainable**

Do I have what I need to make this possible? What is my incentive?

**Relevant**

Why does this goal matter to me?

**Timeline & Action Steps**

When will this be accomplished?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

**Accountability:** \_\_\_\_\_