My Goals for This Year

Choose one goal and make it SMART. Plan the steps, then check in on it during the year.

Name: _____ **Date:** _____

My goal for this year is to ...

_____

_____

S **Specific** What exactly will I do?

_____

M **Measurable** How will I know I did it? Use a number.

_____

A **Achievable** Why can I do it? What will help me?

_____

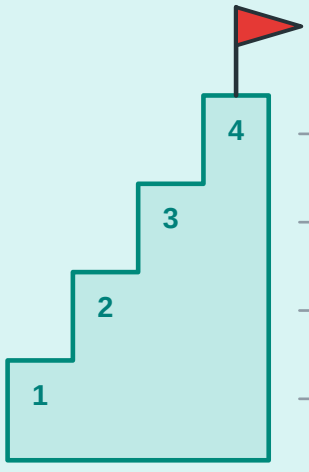
R **Relevant** Why does this goal matter to me?

_____

T **Time-bound** By when will I reach it?

_____

Steps to reach my goal



_____

_____

_____

_____

Who can help me

_____

Check-ins (circle one each time)

Date _____ on track almost not yet

Date _____ on track almost not yet

Date _____ on track almost not yet

I will celebrate by _____