

MY GOAL (MAKE IT S.M.A.R.T):

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.....

.....

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THREE THINGS TO ACHIEVE MY GOAL:

1.

2.

3.

I KNOW I WILL HAVE ACHIEVED MY GOAL WHEN:

.....

DOUBLE CHECKING MY GOAL

	POSITIVES	NEGATIVES
Making a change		
Staying the same		

Possible barrier:

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How I will get around this:

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Why I want to achieve this goal:

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Reward for achieving my goal:

.....

I will share this goal with:

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