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THIS YEAR

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S.M.A.R.T. GOALS

Use this worksheet to help set and write out your S.M.A.R.T. goal.

Only focus on one goal per worksheet.		
BE SPECIFIC What do you want to achieve? Why? Who's involved? Where is it happening?		
MEASURE YOUR SUCCESS How will you track your success? In quantity or in quality?		
MAKE IT ACTIONABLE What specific tasks are there that will help you meet your goal?		
IS IT REALISTIC? It should be ambitious, but not completely outrageous.		
TIME IT OUT When do you want to achieve your goal? What is the specific date?		
Your Final S.M.A.R.T. Goal Statement		
I,will(YOUR NAME) (ACTION AND GOAL) bybecause(WHY YOUR GOAL IS IMPORTANT TO YOU)		
(DATE) (WHY YOUR GOAL IS IMPORTANT TO YOU)		



My Premms IN 30 DAYS

The difference between you this month and next month is what you do with the next 30 days.

30 DAYS From Now

GOAL	ACTION STEPS
	0
	0
	0
MY VISION	0
	0
	0
S S M SA SR ST	0
FIRST 10 DAYS' GUIDING PRINCIPLE	0
MOTIVATION:	0
SECOND 10 DAYS' GUIDING PRINCIPLE	0
	0
MOTIVATION:	0
THIRD 10 DAYS' GUIDING PRINCIPLE	0
	0
MOTIVATION:	

My Dreams IN 60 DAYS

It takes 4 weeks for you to notice a change, and 8 weeks for your friends and family.

60 DAYS From Now

GOAL	ACTION STEPS
	0
	0
	0
MY VISION	0
	0
	0
S S M SA SR ST	0
FIRST 20 DAYS' GUIDING PRINCIPLE	0
MOTIVATION:	0
SECOND 20 DAYS' GUIDING PRINCIPLE	0
	0
MOTIVATION:	0
THIRD 20 DAYS' GUIDING PRINCIPLE	0
	0
MOTIVATION:	

My Premms IN 90 DAYS

3 months from now, you will thank yourself.

90 DAYS From Now

GOAL	ACTION STEPS
	0
	0
	0
MY VISION	0
	0
	0
S S M SA SR ST	0
MONTH 1'S GUIDING PRINCIPLE	0
MOTIVATION:	0
MONTH 2'S GUIDING PRINCIPLE	0
MOTIVATION:	0
MOTIVATION:	0
MONTH 3'S GUIDING PRINCIPLE	0
MOTIVATION:	0

My NOTES

My NOTES

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