

****S-M-A-R-T-S GOALS****

SMARTS = Specific-Measurable-As If Now-Attainable-Recorded-Timeframe-Shared

Name: _____ Date: _____

Mission: Write a set of goals that you are passionate about achieving. Below, write the emotional reasons why you must achieve these goals.

90 Day Goals

- 1.
- 2.
- 3.

6 Month Goals

- 1.
- 2.
- 3.

One Year + Goals

- 1.
- 2.
- 3.

****Emotional reasons why I must achieve these goals:**

- 1.
- 2.
- 3.