

Make S.M.A.R.T Goals

- What do you want?
- Break it down from a long term goal into smaller chunks
- Make a list of things to do to achieve the goal

Is your goal Specific?

Is it Measurable?

Is it Achievable?

Is it Realistic?

Is it Timely?

Goal

Sub Goal:

Sub Goal:

To Do List:

1

2

3

4

5

6

7