

My Motivation:

Specific

What exactly do you want to achieve?

Good goals are clear and defined

Measurable

How will you know when you have achieved it?

You will need to be able to track daily progress

Achievable

How can the goal be accomplished?

List the specific tasks you will need to complete

Relevant

Why is this goal important to you?

Does this goal help add to your plans for the future?

Time-bound

When do you want to achieve this goal?

Set your target date so you can guide your work toward a successful completion

Is my goal S.M.A.R.T.?:

Action Plan:
