

I have a goal

Make sure it's a SMART goal and break it down into steps. Before you know it you'll be FINISHED!



Specific

Exactly what is it I want to achieve?



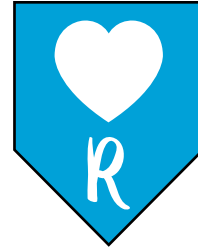
Measurable

How will I know I have achieved it?



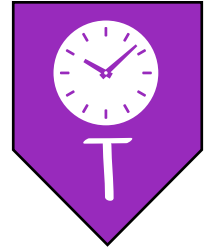
Achievable

Is it in my power to achieve it?



Relevant

Is this goal worth the hard work to achieve?



Timely

When do I want to achieve it?



I want to achieve ...



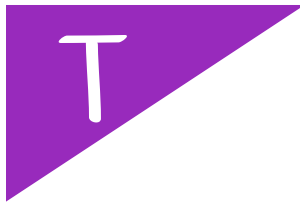
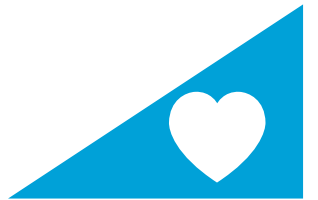
I will know I've achieved this when ...



I have the power to achieve this because ...



This goal is worth the hard work because ...



I want to achieve this goal in/by ...



Break it down
into easier to achieve
steps.

1.

2.

3.

4.