

My goal this year is to set...

Specific - *What EXACTLY do you want to achieve?*

Measurable - *How will you know when you've achieved it?*

Attainable - *Is it something that you have control over?*

Relevant - *Is it applicable to the place you are in your life?*

Time-bound - *What is your deadline?*

...goals!

I Can Set SMART Goals!

My Goal: _____

Specific: _____

Measureable: _____

Attainable: _____

Relevant: _____

Time-bound: _____