

2018 smart goals

S - Specific
M - Measurable
A - Achievable
R - Realistic
T - Time Bound

Instructions:

- Identify 1-4 big goals you would like to achieve during 2018
- List each goal under the "SMART GOAL" column in the table below
- Working left to right, complete each box in the table below for each goal you set
- Calendar 15-30 minutes each day specifically for your SMART GOAL
- Post or keep your goals where you will see them each day and track your progress

SMART GOAL	SPECIFIC? Y/N	HOW WILL IT BE MEASURED? The more specific you are, the better!	REALISTIC Y/N	TIME FRAME



NOTES:
